COVERUP OF AFGHAN TORTURE ALLEGED, PG 6

Celebrity Buzz

Janet Jackson confirms split

pg 33

The world's largest global newspaper

metro

VANCOUVER • THURSDAY, NOVEMBER 19, 2009 metronews.ca

Palm Springs
$89* from
westjet.com
WESTJET
*Some restrictions apply. Taxes not included. See westjet.com for details.

Winds cancel ferries, leave 17,000 in dark

STORM Winds of up to 90 km/h battered southwestern B.C. last night, leaving about 17,000 homes without electricity and cancelling ferry sailings between Tsawwassen and Swartz Bay.

The outages included more than 5,000 homes in Richmond and Delta and another 2,000 near the University of B.C. Nearly 1,000 homes were in the dark in West Vancouver.

Metro Vancouver officials also said recent heavy rain is likely to make tap water in the region cloudy due to sediments and organic materials washing into reservoirs, but it is safe to drink so far. METRO VANCOUVER

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Shopping pgs 15-23

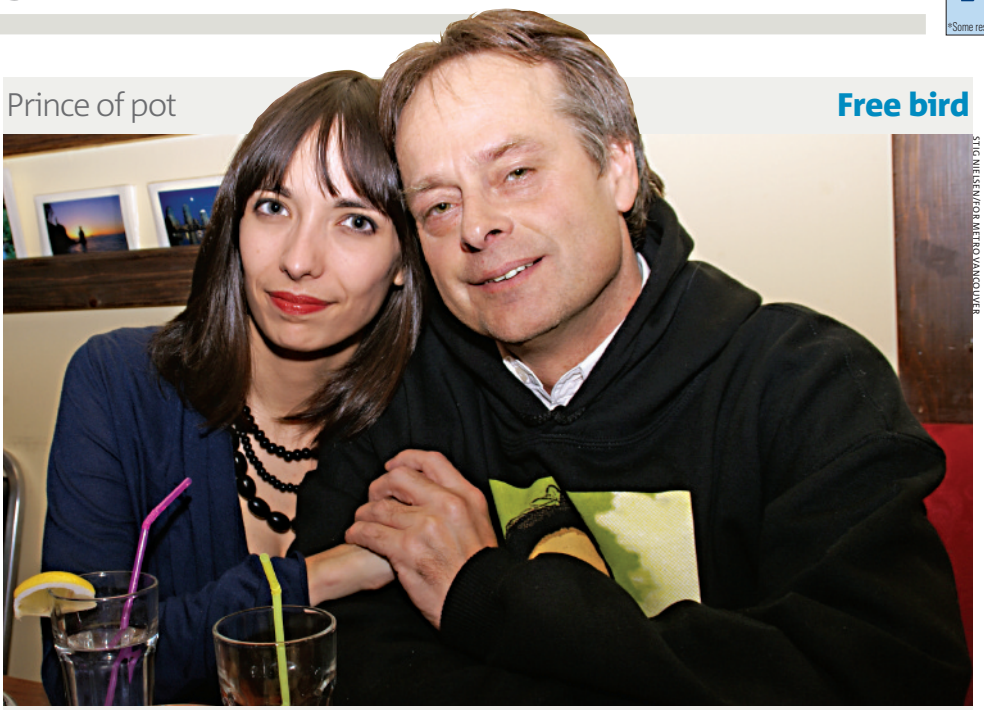
Metro's guide for the holidays

On the web
Visit metronews.ca for news updates

ShareYourViews
vancouverletters@metronews.ca

Please recycle

Prince of pot **Free bird**



STIG NIELSEN/FOR METRO VANCOUVER

Jodie and Marc Emery, at Mr. Pickwick's on Denman Street, enjoy their first meal together since Marc was temporarily released from jail yesterday. The marijuana activist, facing extradition to the U.S., is free for at least two weeks on a $50,000 bail bond. Story, page 4.

Swarming was really family affair: Police

'Rough housing' supposedly drunk woman, family members

JEFF HODSON
jeff.hodson@metronews.ca

A 48-year-old woman was hospitalized after family members violently tried to rouse her from her drunkenness, said police yesterday.

The incident was initially widely reported as a swarming involving teens who kicked a woman as they robbed her and laughed about it.

The supposed assailants were actually family members who took away the woman's bottle of booze and left her unconscious in an East Vancouver parking lot.

A witness saw the "rough housing" and believing it was a swarming called police who then issued a public warning during their morning press conference.

Const. Lindsey Houghton said the decision to release information about the "swarming" prematurely was weighed against getting important information out to the public.

"It is absolutely critical in investigations for us to generate witness information," Houghton said. "People's memories are freshest in the first 24 to 48 hours."

The incident occurred at 4:30 p.m. Tuesday in a parking lot at 12th Avenue and Slocan Street, south of the Rona store.

Police initially said five teen boys were seen laughing as they kicked a woman while she lay on the ground, searching through her clothes and belongings.

The teens fled the scene, four of them heading east toward the Renfrew SkyTrain station, a witness said. One of them was carrying a large bottle of booze.

Later a member of the woman's family contacted police. The woman also regained consciousness and was able to speak to investigators.

VANOC OK's selling of Games tix by tour firm

VANCOUVER 2010 Games

OLYMPICS Olympic organizers are allowing a Winnipeg-based tour company to continue selling tickets for the 2010 Winter Games as part of a legal settlement that ends a lawsuit between the two sides.

VANOC launched the suit against Roadtrips Inc. in May, claiming the company was violating Olympic rules by selling tickets to the Games as part of their travel packages, because it was not an authorized reseller.

But now, Roadtrips will obtain their tickets from Jet Set Sports, the official hospitality provider for the Games, said Dave Cobb, VANOC deputy chief executive officer.

"We can ensure the validity of those tickets, which was our number 1 reason for talking to Roadtrips and a number of other companies we've talked to about this issue," said Cobb.

As of yesterday, Roadtrips was offering packages to the Games starting at $4,675 per person, which includes transportation, accommodation and other incentives. It wasn't clear from their website which events they have tickets for and how many.

Jet Set paid a reported $15 million to be the official hospitality provider for the Games, and it's not known how many of their tickets will be going to Roadtrips or how much money is changing hands in the deal. THE CANADIAN PRESS

Fido Cares
We give you FidoDollars℠ so you can get your next phone for less.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

MOTOROLA

BEST BUY mobile
your phone, your way

.0⁰⁰ On the Koodo Tab①

.74⁹⁹ on the Koodo Tab②

koodo mobile

Motorola VE440

- MP3 player with side music buttons
- microSD slot for up to 8GB card
- 3.5mm audio jack
- Bluetooth®

VE440 10133403

koodo mobile

Motorola Rival A455

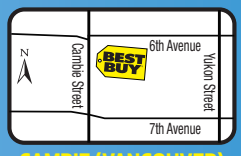
- Slide-out QWERTY keyboard
- 2.0 megapixel camera with video
- MP3 player
- Bluetooth®

A455 WebID: 10128709

BEST BUY mobile

THE BEST CHOICE OF PHONES AND NETWORKS

Visit your local Best Buy Mobile



CAMBIE (VANCOUVER)
Cambie & 6th (604) 638-4966

BURNABY
Across from Metrotown (778) 452-2250

RICHMOND
Lansdowne Centre (604) 273-7335

SURREY
Central City Shopping Centre (604) 580-7788

For a list of all Best Buy Mobile locations, visit www.bestbuymobile.ca

① $125 Koodo Tab. Tab reduces through phone usage. Some conditions apply. See in-store for details. ② $150 Koodo Tab. Tab reduces through phone usage. Some conditions apply. See in-store for details. Prices and payments are subject to applicable taxes before programming credits. Prices and offers good November 19 through November 26, 2009 at all Best Buy stores. References to savings or sale prices are comparisons to Best Buy Canada regular prices. **ADVERTISING POLICY:** Prices valid at Best Buy stores in Canada. Some products in this ad may be slightly different from illustrations. Not all products are available in all stores. Best Buy is committed to accurate pricing. Website prices, products, and promotions may differ from our retail store offerings. Best Buy reserves the right to correct errors. Special offers cannot be combined or applied to previous purchases. We reserve the right to limit quantities. Terms and conditions subject to change without notice.

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

ScanLife

Local

B.C. Bike Race adds Powell River

Powell River has been added to the bike route of the 2010 Ultimate Singletrack Experience, which takes riders on a seven-day mountain bike trek from Vancouver to Whistler via Vancouver Island and the Sunshine Coast. The fourth annual event includes four ferry crossings. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

RAILWAY B.C.'s transportation minister says the future of one of Canada's tiniest railways is under review. B.C. Rail, which is headed by a CEO earning $494,182, has no trains and only 39 kilometres of track.

STUDY B.C. is losing more than a billion dollars annually by not settling treaties with its First Nation communities, a new report claims. The study, released yesterday by the B.C. Treaty Commission, estimates lost opportunity costs of about $1.5 billion in 2009 alone.

PETS People who buried their pets at a pet cemetery in Surrey between the mid-50s and mid-90s are upset after learning the property is being prepared for residential development. Pet owners paid $600 for burial and headstones.

METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Blogs The Global Peasant checks in with a pea soup recipe just in time to fight winter chills

Lotteries

Lotto 6/49	2, 4, 13, 24, 30 & 42 Bonus 9
BC 49	6, 12, 13, 19, 33, 46 Bonus 43
Extra	12, 25, 69, 84

These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

JEFF HODSON/METRO VANCOUVER

Vancouver Const. Lindsey Houghton at police headquarters in Vancouver yesterday.

Death a case of mistaken identity: Police

CRIME A man assassinated outside a local halfway house was in the wrong place at the wrong time, Vancouver police said yesterday.

Gangster Raj Soomel, 35, was shot and killed at about 10:30 p.m. on Sept. 29 in the middle of Cambie Street at 19th Avenue.

The intended target, who police would not name, was also living at the halfway house at the time. He is now back in jail and has been warned that he was the intended target.

Const. Lindsey Houghton said it was fortunate that no one else was killed in the public shooting, given that it took place in a busy intersection, near a Starbucks.

"There were at least 60 to 70 people within yards of where Mr. Soomel was gunned down," Houghton said. "I think it speaks to their blatant disregard for public safety."

JEFF HODSON/METRO VANCOUVER

VANOC still seeking volunteers for Whistler area

VANCOUVER 2010 Games

OLYMPICS VANOC still needs more than 750 people with accommodation in the Sea-to-Sky corridor to volunteer during the 2010 Games.

Positions at Whistler-area venues include drivers, reservation assistants, technology positions for IT and help-desk specialists, press, and photo assistants and photo runners.

"We understand that for a great number of people in the Whistler area, Games time is their peak season for work," said VANOC CEO John Furlong.

"Which is why we want to encourage anyone with a second residence in the Sea-to-Sky region or who can simply find a place to bunk with friends or relatives to consider applying today to volunteer.

"Some fantastic positions are still waiting to be filled. We're simply looking for enthusiastic people open to sharing their country and province with the world."

Applications can be made online at vancouver2010.com.

METRO VANCOUVER

Rules of the renting Games

2010 accommodation the topic of session for landlords, tenants

VANCOUVER 2010 Games

KIMBERLY SHEARON
for Metro Vancouver

With thousands of properties advertised for rent during the Olympics and just 68 special business licences issued, city officials hosted an information session last night to field questions on landlord and tenant rights and responsibilities.

Under the city's temporary accommodation bylaw, people who want to rent out their homes during the Games — for less than 30 days — must apply for a special business licence, said Celine Mauboules, a housing planner with the City of Vancouver.

The licence costs $106.

No licence is required for homeowners looking to rent out a single room.

Several websites facilitate the rental process but do not require homeowners to have a licence before submitting a listing, said Mark Szekely, who runs rent2010.net.

"People do have that responsibility, but we don't check since we're not in property management," Szekely said.

Some 2,000 rental listings are currently being advertised on rent2010.net.

The bylaw is not intended to stop people from profiting from the Olympics, but to protect Games-time visitors and tenants from being exploited, Mauboules said.

"We want to educate landlords and tenants," she said.

Right now, tenants cannot be evicted from their dwellings for any reason other than tenant default, meaning landlords can't kick them out in favour of a visitor willing to pay more on a short-term basis, Mauboules said.

Tenants, however, also have rules to abide by, she said. For instance, tenants cannot sublet their dwellings during the Games without landlord permission.

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page

Ferries docked due to storms
Stormy weather cancelled a number of B.C. Ferries sailings last night, including several major routes like Tsawwassen to Swartz Bay. METRO VANCOUVER

Fighting flu myths

Clinic director offers advice on travelling

Flu **Outbreak**

KRISTEN THOMPSON
kristen.thompson@metronews.ca

If you're worried about contracting the H1N1 flu while on holiday this Christmas, leave the surgical masks at home and bring your hand sanitizer.

Dr. Suni Boraston, director of the Travel Clinic with Vancouver Coastal Health, said you're no more likely to catch an illness on a plane than you are at work, school, gym or the bar — and masks won't protect you.

Hand-washing is still the best line of defence.

"The recycled air (on a plane) is doing its job and you'd have to be in very close contact with a sick person to contract the illness," she said.

"Wearing masks only works for people who have a respiratory-born disease, like the influenza," she said. "That will stop the spread of respiratory particle to other people. But if you're not sick … it's not going to do much good."

Boraston said the best precaution is to get the H1N1 vaccine, which should be available to all British Columbians before the holiday travel season.

"You don't want to be getting on a plane or getting to another country when you have this disease," she said. "It's certainly going to ruin your holiday to be in bed with influenza.

"Certainly there's no reason to cancel this trip because of the influenza outbreak."

Prince of Pot temporarily let out of jail

Marc Emery, self-proclaimed Prince of Pot and marijuana activist, was released from jail temporarily yesterday as he awaits his extradition to the United States.

"It was a difficult experience because it is maximum security, so that you don't get outside and you don't get far from your eight by 10 (jail cell) ... But I wrote some good material and read a lot," he said.

Emery is free on a $50,000 bail bond.

He is to be sent to Seattle where he will be sentenced for selling marijuana seeds ordered over the Internet to Americans.

He said the experience toughened him up for an American jail.

"The isolation would get to me know and then, but the thing about prison is it's very well run by guards who are very professional."

STIG NIELSEN/
FOR METRO VANCOUVER

Theatre **Lion King coming to town**

THEO WARGO/GETTY IMAGES

A New York cast member of The Lion King at the Shubert Theatre on Nov. 2. Simba, Mufasa, Rafiki et al are set to roar into Vancouver's Queen Elizabeth Theatre for a month-long engagement next summer. The Lion King — the hit Broadway musical — opens July 15. The musical is in its second sold-out decade in New York City and has won six Tony Awards.

News in brief

BLAZE Fire crews in Surrey spent yesterday morning battling a three-alarm fire that destroyed a maintenance facility at Sunrise Poultry plant. The fire's cause is still under investigation. No people or poultry were injured in the blaze.

TOURISM Aboriginal tourism is growing in B.C. despite the economic downturn. Over the last three years, the number of visitors to aboriginal tourist attractions has increased by 67 per cent.

LIBRARY Bing Thom Architects will be designing a 60,000-square-foot library for the City of Surrey. The library will have classrooms, Wi-Fi, and meeting spaces.

ROBBERY Burnaby and Surrey RCMP are investigating an armed robbery that resulted in a police officer shooting at the getaway vehicle. Two men have been taken into custody.

AUTOPSY Results of an autopsy are expected today in the death of a 10-month-old baby in Fraser Lake. A youth has been charged with second-degree murder in the death, and is set to appear in court on Nov. 21.

DEATH A popular 25-year-old singer and poet from Hornby Island was found dead yesterday. RCMP say a person of interest has been questioned.

AIDS The International AIDS Society is expected to call on Prime Minster Stephen Harper at a downtown Vancouver event today to show leadership in Canada's commitment to supporting universal access to HIV prevention, treatment and care and by 2010.

METRO NEWS SERVICES

Man pleads not guilty in alleged murder-for-hire

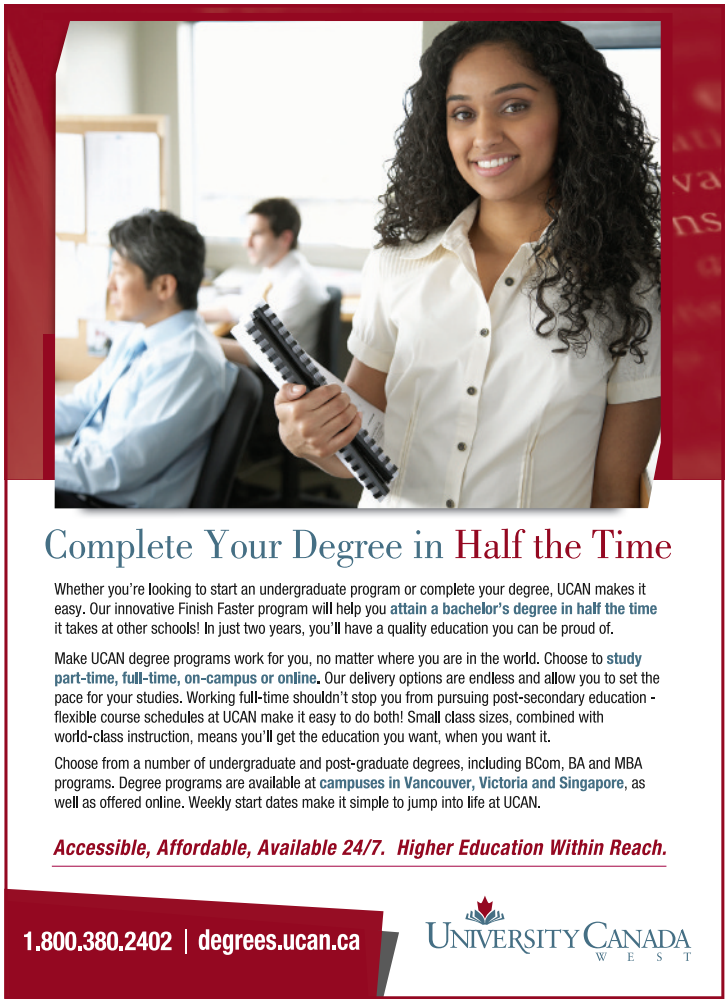
A court spokesman says a laser eye surgeon in the U.S. has pleaded not guilty to an alleged murder-for-hire targeting two in British Columbia.

And the lawyer for one of the victims says bail for the accused has been set at $2 million.

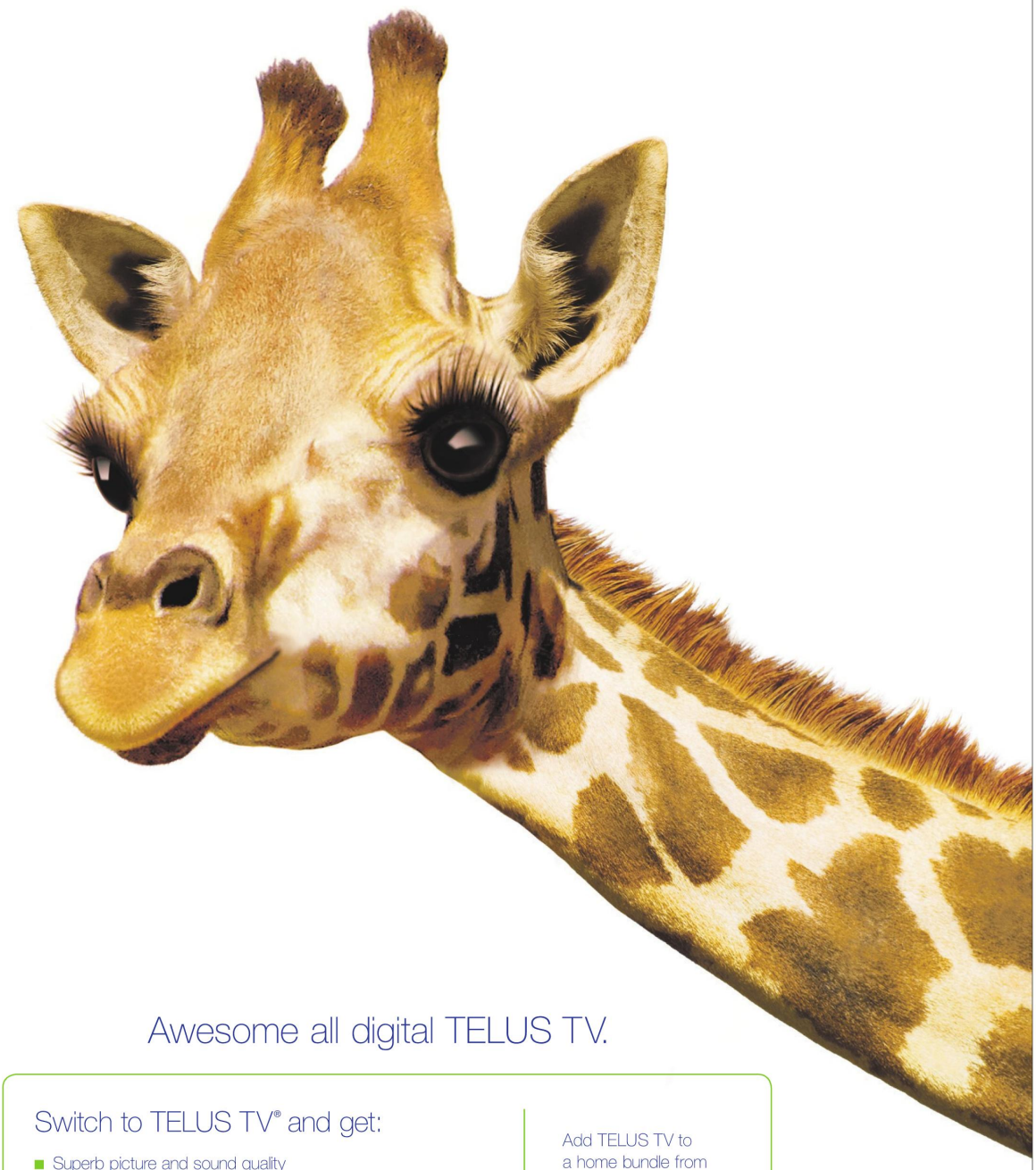
Anne Bremner says she and prosecutors had sought substantially higher bail for Michael Mockovak, who is charged with solicitation to commit murder in the first degree.

Bremner represents Joseph King, who, along with Mockovak, founded the Clearly Lasik franchise.

THE CANADIAN PRESS



Easy on the eyes.



Awesome all digital TELUS TV.

Switch to TELUS TV® and get:

- Superb picture and sound quality
- Over 390 digital channels to choose from, including 35 in HD
- The flexibility to build the package that's right for you

Plus, sign up now and receive a FREE HD PVR rental.†

Add TELUS TV to a home bundle from

$33/mo.*

Call 310-MYTV or visit telus.com/gettv

*Offer available until December 31, 2009, to residential clients where access and line of sight permit, who have not subscribed within the past 90 days to TELUS TV service. Not available to residents of most multiple dwelling units. TELUS High Speed Internet or Home Phone service required. Prices may vary without notice. 1.5% Local Programming Improvement Fund (LPIF) fee and taxes extra. †Free PVR rental available with a 3 year TELUS Satellite TV™ service agreement. © 2009 TELUS.

TELUS

the future is friendly®

Debt to clear half-trillion mark: CTF
The federal government's debt will zip back over the half-trillion-dollar mark this Sunday evening, the Canadian Taxpayers Federation says. THE CANADIAN PRESS

Canada

Alleged Nazi gets reprieve

An appeal court has ordered the federal cabinet to revisit its decision to strip accused Nazi war criminal Helmut Oberlander of his Canadian citizenship. In a 2-1 decision made public yesterday, the Federal Court of Appeal told cabinet to reconsider the issue of whether Oberlander was a willing member of his military unit, given that the penalty for desertion was execution.

THE CANADIAN PRESS

Harper ends India visit on 'jumping off point'

INDIA TRIP India's stunning contrasts were once more in evidence as Prime Minister Stephen Harper concluded a three-day tour of the emerging South Asian economic giant.

While investment and trade were the ostensible touchstones of Harper's first visit to the Indian subcontinent since coming to power four years ago, tours of a pair of very different temples yesterday served to provide the Conservative prime minister with some Indian multicultural bonafides on the home front."This trip is the culmination, but it's also the jumping off point," Harper said in a brief wrap-up interview with two Canadian reporters chosen by the Prime Minister's Office.

"It's the culmination for a lot of that we've been doing for the past two or three years to really try to rebuild and build up our relationship with India and get it on a different plane."

That would be a Conservative plane, judging by choice of sites for Harper's final two photo opportunities. THE CANADIAN PRESS

Temples

- Harper began the day at the BAPS Swaminarayan Akshardham Temple in New Delhi, which boasts being the largest Hindu temple in the world. He then flew to Amritsar, the country's Sikh heartland and home to the famed Golden Temple.

m.metronews.ca

Scan this barcode for more Canada news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Nova Scotia **Sid's turn to shine**

SEAN KILPATRICK/THE CANADIAN PRESS

Pittsburgh Penguins star Sidney Crosby, from Cole Harbour, N.S., carries the Olympic torch in Halifax yesterday. Follow the Olympic torch's journey with an interactive map at metronews.ca/sports.

Captives beaten, shocked: Official

Liberals accuse Conservatives of coverup in treatment of prisoners

A federal official says all of the prisoners Canada handed to Afghanistan's notorious intelligence service in 2006-07 were tortured — and many of them were likely innocent.

Richard Colvin

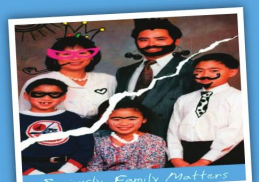
Intelligence officer Richard Colvin, a former diplomat in Afghanistan, testified before a special House of Commons committee today.

He told MPs that captives taken by Canadian troops and handed over to the Afghans were subjected to beatings and electric shocks in 2006 and early 2007.

In a blistering indictment of Ottawa's handling of prisoners, Colvin said the Red Cross tried for three months in 2006 to warn the Canadian army in Kandahar about what was happening to prisoners, but no one would "even take their phone calls."

He painted a dramatic picture of institutional indifference that morphed into an exercise in damage control once allegations of abuse became public in April 2007. Colvin said he was ordered not to write about prisoners, and soon afterward reports from the field began to be "censored."

The Liberals accused the Conservatives of orchestrating a cover up on the issue. THE CANADIAN PRESS



Invest in yours.
Join us for a free family event!
FAMILY SUNDAY
Nov 22, 2009 @ 10:30 am
7416 Victoria Dr., Vancouver, BC
www.harvestcitychurch.com

Livid Liberals slam accusatory flyers

POLITICS Angry Liberals yesterday accused the Conservative government of reaching a new political low by circulating flyers accusing the Liberals of being anti-Semitic.

The "scandalous" flyers, which feature a photo of Prime Minister Stephen Harper, target ridings with large Jewish communities.

They accuse the Liberals of participating in the 2001 UN racism conference in Durban, South Africa, which the pamphlet describes as overtly anti-Semitic, supporting terrorist groups Hamas and Hezbollah and specifically go after Liberal Leader Michael Ignatieff for accusing Israel of committing war crimes. "It is the lowest that I have seen in all of my experience on Parliament Hill … Nobody could have ever imagined that the Prime Minister of Canada and a Conservative party could stoop this low. It's the worst of the worst," Toronto Liberal MP Joe Volpe said.

TORSTAR NEWS SERVICE

News in brief

G8 Activists are challenging Prime Minister Stephen Harper to "change the lives of women and girls around the world" by making their concerns a priority at next year's G8 and G20 summits. Catherine MacDonald of Action Canada for Population and Development, says more than 500,000 women and girls die each year from pregnancy-related problems.

THE CANADIAN PRESS

HUMAN RESOURCES MANAGEMENT DIPLOMA

Start a new career
or upgrade your current skills!

Our HR Program provides you with the skills employers are looking for. And because our program follows the national HR Standards, you may decide to continue on to become a **Certified Human Resources Professional (CHRP).**

Offered both full-time and part-time.

Contact **Susi Siebert**
or visit our website for more information.

Ashton College
www.ashtoncollege.com
PH 604.899.0803

Depressed in Winter?

If you are 19-65 years old, generally in good health, not currently in psychiatric treatment and you have **3 or more of the following symptoms in winter:**

- ☐ Feeling sad or down
- ☐ Loss of interest or motivation
- ☐ Increased need for sleep
- ☐ Fatigue or decreased energy
- ☐ Increased appetite
- ☐ Poor concentration

You may be eligible to participate in a research study comparing new forms of **LIGHT AND NEGATIVE ION TREATMENT for WINTER DEPRESSION.**

The study is being conducted by Dr. Raymond Lam at the Mood Disorders Centre, UBC Hospital.

For more information, call 604-822-0332.

Mood Disorders Centre
A CENTRE OF EXCELLENCE AT UBC HOSPITAL
UBC

flowwellness YYOGA CENTER

hot • power • flow • anusara • hatha • yin • pilates • yin

Sore Back?
Yoga for Back Care
Sunday Nov 29th, 2:00–4:00
Learn how to strengthen your lower back muscles. All levels. Register now!

Downtown at Burrard & Smithe
888 Burrard St - 2nd floor
604.682.3569 • flow@yyoga.ca
yyoga.ca

British couple arrested for helping spread computer viruses 7

A couple suspected of spreading some of the Internet's most aggressive viruses such as Zbot were arrested in the English city of Manchester, police said yesterday. THE ASSOCIATED PRESS

World

Free condoms to help save the world?

UN says slowing population growth could help climate change

The battle against global warming could be helped if the world slowed population growth by making free condoms and family planning advice more widely available, the UN Population Fund said yesterday.

The agency did not recommend countries set limits on how many children people should have, but said: "Women with access to reproductive health services ... have lower fertility rates that contribute to slower growth in greenhouse gas emissions."

"As the growth of population, economies and consumption outpaces the Earth's capacity to adjust, climate change could become much more extreme and conceivably catastrophic," the report said.

The world's population will likely rise from the current 6.7 billion to 9.2 billion in 2050, with most of the growth in less developed regions, according to a 2006 report by the United Nations.

m.metronews.ca

Scan this barcode for more World news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

The UN Population Fund acknowledged it had no proof of the effect that population control would have on climate change. "The linkages between population and climate change are in most cases complex and indirect," the report said.

Still, Thoraya Ahmed Obaid, the UN Population Fund's executive director, told a news conference in London yesterday that global warming could be catastrophic for people in poor countries, particularly women.

"We have now reached a point where humanity is approaching the brink of disaster," she said.

THE ASSOCIATED PRESS

FBI searching for 'Geezer Bandit'

CALIFORNIA An elderly, grey-haired man known as the Geezer Bandit is suspected of robbing five California banks beginning in the summer. The man, who is believed to be in his 70s, has been robbing banks at gunpoint in the San Diego area, FBI investigators say.

He most recently held up a Bank of America branch on Monday, demanding cash and then taking off on foot. FBI spokesperson Darrel Foxworth said the septuagenarian stick-up artist often wears a hat or cap, and was seen lugging around an oxygen tank during one of his capers.

There is a $16,000 US reward for information that leads to his arrest and conviction. THE ASSOCIATED PRESS

New York **Baby steps**

KATHY WILLENS/THE ASSOCIATED PRESS

Environmental activist Erin Brockovich — portrayed by Julia Roberts played in the 2000 movie — plays with toddlers while promoting a virtual Million Baby Crawl yesterday. The Million Baby Crawl is a grassroots effort to pass stronger U.S. regulations against chemicals in household products.

Success of visit depends on who you ask

BEIJING Chinese state media heralded U.S. President Barack Obama's maiden trip to China as a triumph, but ordinary Chinese were largely shielded by their government from his most critical remarks and activists were disappointed by the measured tone of those they did hear. One blogger even pined for the tough line taken by former president George W. Bush.

"Like a star rushing from one show to another, Obama has come and gone, without stirring the slightest ripples," blogger Zhao Dezhu wrote in an online post. Zhao, who writes a popular blog, said the visit made him miss Bush who "couldn't speak with flowery language and even made grammatical mistakes but spoke as plainly as an American farmer."

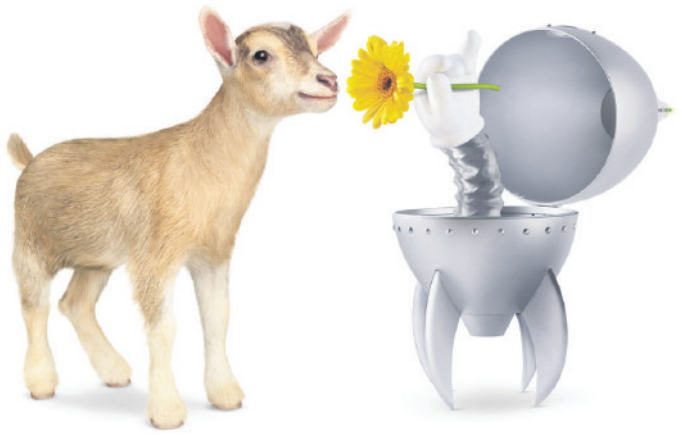
Obama, by contrast, speaks "with sweet but empty words."

State media portrayed the two-and-a-half day trip as a slam-dunk for China-U.S. relations, saying a joint statement issued by Obama and China's President Hu Jintao was a breakthrough to inspire the world.

THE ASSOCIATED PRESS

Family reunion

- U.S. President Barack Obama said yesterday that he met with his half brother who lives in China and who recently wrote a semi-autobiographical novel about the abusive Kenyan father they share.



Meet the future. It's friendly.™

It's friendly because we'll help you find the phone that's just right for you with our **smart fit phone finder** and we'll teach you how to use it with our online learning centre. It's friendly because our new **clear and simple pricing** means the price you see is the price you'll pay, and because you'll be on Canada's **largest 3G+ network.***

Come and visit us in-store or online.

TELUS. the future is friendly®.

telusmobility.com/futurefriendly

TELUS

TELUS AUTHORIZED DEALERS

LOWER MAINLAND

Vancouver

551 Robson St.
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
5720 East Blvd.
689 Thurlow St.
925 West Georgia St.
1855 Burrard St.
3121 West Broadway
2748 Rupert St.
525 Seymour St.
625 Howe St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway
2338 Cambie St.

Burnaby

Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.
4711 Kingsway
3823 Henning Dr.
3430 Brighton Ave.

Coquitlam

Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

New Westminster

Royal City Centre

North Vancouver

Capilano Mall
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.
1392 Main St.

Richmond

Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
12571 Bridgeport Rd.

West Vancouver

Park Royal Shopping Centre North/South

Whistler

7009 Nesters Rd.

Squamish

38116 2nd Ave.

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP BEST BUY LONDON DRUGS Visions

*For HSPA/HSPA+ geographic coverage and population covered as of November 2009. TELUS, the TELUS logo, Meet the future. It's friendly., and the future is friendly are trademarks of TELUS Corporation, used under licence. Twitter is a trademark of Twitter, Inc. in the United States and other countries. All other trademarks are the property of their respective owners. © 2009 TELUS.

Palin pulls in the people in Michigan

College students ditched class, employees skipped work and some huddled in the cold overnight just to make sure they get an orange wristband that would let them meet Sarah Palin.

Thousands gathered outside a Grand Rapids, Mich., Barnes&Noble store yesterday for the kickoff of the former Republican vice-presidential candidate's Going Rogue book tour, which has taken on the feel of a political pep rally.

"I just can't tell you how good it is to be back in Michigan," the former Alaska governor told the crowd, which chanted "Palin! Palin!"

"Alaska and Michigan have so much in common, with the huntin' and the fishin' and the hockey moms, and just the hardworking, patriotic Americans who are here," Palin said.

The memoir was released Tuesday, but has topped best-seller lists for weeks.

At the Barnes&Noble, about 1,000 orange wristbands were handed out, allowing wearers to get two copies autographed by Palin at the three-hour signing event.

Going Rogue follows Palin from childhood to her departure last summer as Alaska governor.

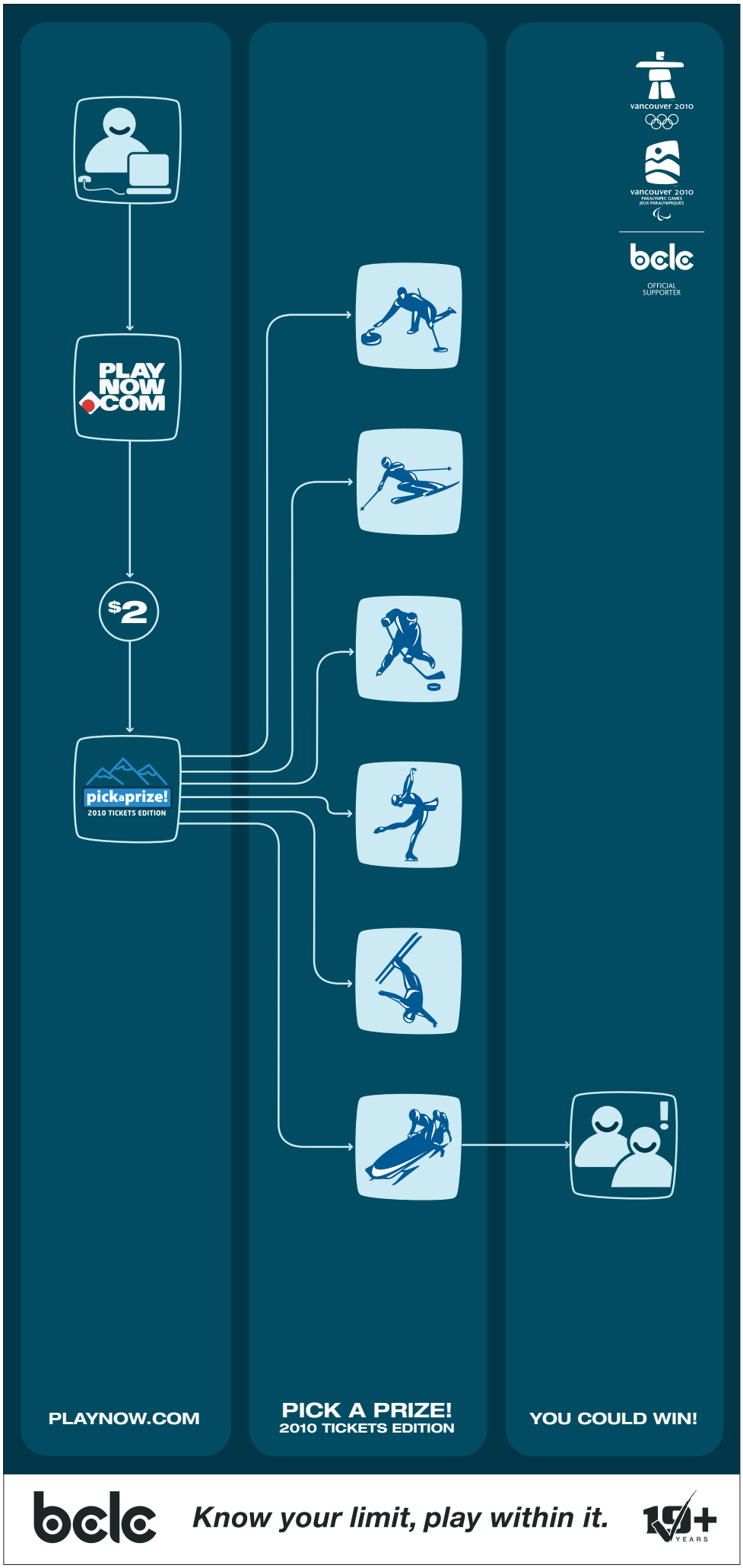
The title refers to her independent streak as a candidate, stemming from complaints within the campaign of Republican presidential nominee John McCain that she had gone "rogue" by disagreeing with the campaign's decision to pull out of Michigan last October.

McCain halted his campaign in the state after internal polls showed Obama approaching a double-digit lead.

Palin publicly disagreed with the move and said she'd "sure love to get to run to Michigan" to make sure residents know the Republicans had not given up in the state.

THE ASSOCIATED PRESS

"Alaska and Michigan have so much in common, with the huntin' and the fishin' and the hockey moms."
Sarah Palin during a book promo stop in Michigan



Afghan leader prepares to be sworn in again

KABUL Security forces increased patrols on some streets in the Afghan capital and blocked others entirely yesterday, bracing for possible militant attacks during the inauguration ceremony that will cement President Hamid Karzai's tumultuous re-election victory. Karzai will be sworn in today for his second five-year term, with many in the international community hoping he will introduce solid reforms and pave the way for a Cabinet house-cleaning to rid the administration of corrupt officials. The inauguration comes amid repeated calls and threats from the international community that he reform his government following an election so spoiled by fraud that it took two and half months to resolve.

U.S. Secretary of State Hillary Rodham Clinton — who arrived in Kabul yesterday to attend the ceremony — said Karzai's inauguration provides a new chance for him to strengthen government accountability.

THE ASSOCIATED PRESS

News in brief

MISSOURI Authorities have seized several items, including pornography and weapons, from the home of one of six men charged in a child sex abuse case. A search warrant shows that deputies took the items last week from the home of 77-year-old Burrell Mohler Sr. Mohler's wife, Sandra Mohler, told authorities she had discovered the pornography in a false ceiling in the basement two months ago.

SOMALIA A judge for an Islamic group in Somalia says a woman has been stoned to death and her boyfriend given 100 lashes for having an affair. Sheikh Ibrahim Abdirahman, a judge for the group al-Shabab, says the woman was killed Tuesday in front of a crowd of some 200 people.

NEW YORK A couple who was featured on an episode of the reality show Wife Swap have pleaded guilty to U.S. federal charges in Buffalo, N.Y. Ralph Guastaferro faces up to five years in prison for laundering $1.2 million US for a Canadian telemarketing scheme. His wife, Karen, could be sentenced for paying employees of the couple's business off the books. Authorities were apparently investigating the Buffalo-area couple before they appeared on the show last year, which showed them keeping a Christmas tree up year-round and giving their daughter presents every day.

THE ASSOCIATED PRESS

VANCOUVER
Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro
Distribution Mgr, George Acimovic

METRO CANADA
Group Publisher, Bill McDonald
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Private versus public relationships

Single. In a Relationship. Engaged. It's Complicated. Single.

Two acquaintances got engaged. My best friend from the third grade got married. And a former colleague got divorced — for the second time. I know these things, not because I've spoken to them recently. I know these things because of Facebook.

I'm fascinated by what people choose to share about their romantic lives on the Internet. Some are coy, secretive. Others define themselves by their relationship, blogging ceaselessly about significant others or leaving their wedding portrait up as their Facebook profile picture for months, if not years.

It's another kind of PDA (Public Display of Affection). Changing your Facebook status to In a Relationship is the new Making Out on Park Benches.

But once you've gone public and shared your happiness with several hundred of your closest friends, what happens if your relationship ends?

I've only met Lauren White a couple of times, but I feel like I've known her forever. Her blog, Raymi The Minx (www.raymitheminx.com), has amassed an impressive following over the years. On my computer screen, she is a stunning, unsmiling woman who painstakingly documents minutiae like new outfits, found objects and elaborate meals. In person, she is sweet and smiley, funny and friendly. Her partner Phil was the handsome photographer who made her into his muse. Online, they appeared a perfect hipster power couple.

When I discovered that Raymi and Phil had recently ended their engagement, I felt like I had learned of the breakup of two close friends. And given the scads of supportive emails that she received and posted on her site, I wasn't alone.

Phil and Raymi were fun-loving and photogenic online, but real life was another matter:

"we acted beautifully together for everyone else but us. while alone it was stretches of silences for hours in our own little online worlds until it became dark then we'd get ready and go out to whateverthe f— was going on that nite."

The Ballad of Raymi and Phil can be taken as a cautionary tale. In our full-disclosure world, we should be mindful that sharing intimate details of our lives means that we will have an audience when it all falls apart.

Go ahead and flaunt your relationship online. Just make sure it's as great in real life as it looks on paper (or in pixels). Because it's better for you to be genuinely happy than for us to believe you are.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Imagine a mobilization against sex assaults

"What if we did as much to prevent rape as we do to prevent H1N1?" This question was posed recently by a blogger from Bitch, one of my favourite feminist magazines, and, for some reason, I can't stop thinking about it.

The blogger in question, Meg Stone, asked her readers to imagine a world where the government, the media and the health-care system mobilized as loudly against sexual assault as they're doing against swine flu. Think about it: Coast-to-coast public education campaigns! Daily news reports! Pissed-off citizens determined to do everything they can to protect themselves and their loved ones!

It may seem odd — scandalous, even — to draw a comparison between the H1N1 pandemic and sexual assault. But while these are very different and complex problems, they share some common ground.

On the most basic level, both put public safety at risk. Reducing the prevalence of either requires a change in public behaviour and cultural norms. And as Amnesty International argues in its Stop Violence Against Women campaign, "Violence against women and girls is a global pandemic."

So, can you picture it? An alternate reality where rape prevention is at the top of the agenda?

Probably not. Even though statistics tell us that one in four Canadian women will be sexually assaulted during her lifetime, this is not typically seen as a health and safety crisis.

The shame and stigma associated with sexual assault means that we still don't talk about it and most victims don't report it.

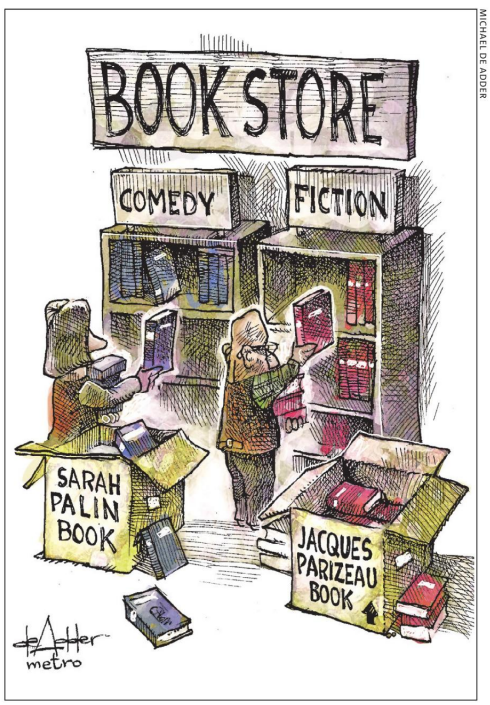
Instead of Stone's vision of preventative measures on the front page, the news we hear is disturbing and disempowering.

Consider the "sexsomnia" case that resurfaced in the media last week as the Ontario Review Board weighed in. It was about a Toronto man found not criminally responsible for a 2003 sexual assault at a house party, because of a disorder that apparently causes him to unwittingly initiate sex while asleep. This ruling came despite the fact that he chose to have 12 beers, two rum and Cokes and two vodka-based drinks in the hours before he assaulted a stranger, and had enough presence of mind to slip on a condom.

Unlike H1N1, sexual assault has been part of our world for so long that we don't think we can fight it. Well, we certainly won't by remaining apathetic.

While I'm not naïve enough to expect the large-scale mobilization Stone dreams about, she provides a welcome reminder that change is worth fighting for.

Melinda Mattos is a Toronto-based writer, editor and co-founder of feminist teen magazine Shameless. Visit www.shamelessmag.com



MICHAEL DE ADDER

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Vancouver 1190 Homer Street, Suite 250, Vancouver, BC V6B 2X6, Tel: 604-602-1002; Fax: 1-866-254-6504; Advertising: 604-602-1002 • adinfovancouver@metronews.ca; vancouver_distribution@metronews.ca; News: fernando.carneiro@metronews.ca

Zap Zits
The Pimple Healer (Mario Badescu) dries out pimples overnight and helps prevent breakouts.
YALETOWN
1120 Hamilton Street, #103
604-642-2294
www.beautymark.ca
BEAUTY mark
www.beautymark.ca

Real Estate Legal Services
We can help! Call today!
604-682-8829
Gateway Law Corporation
Kevin Lee, B.Comm (UBC), M.B.A. (York U), LL.B. & PCLL (HKU), NCA (UOttawa)

The Best of China & Taiwan 9 Days
Beijing, Shanghai, Hangzhou, Taipei
• First in Canada to tour China & Taiwan featuring EVA Airways cross-strait flights!
• Including airfare from Vancouver, most meals, 4-star hotels, guaranteed departures.
Tour Taiwan 2009 - 2010 旅行台灣年
from $2,190 plus taxes
EVA AIR
LION TRAVEL
The True Asia Travel Expert!
Call 1-877-723-2566 BPCPA #25259
Visit www.lionholidays.com
for more ASIA Vacations!

EU and GM to hold Opel talks
The EU Commission says it will host high-level talks among EU countries and top GM Europe officials to discuss restructuring plans for carmaker Opel. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Canwest blames CRTC

Cable companies have gained so much power they have become a threat to Canadian broadcasting, and the national telecommunications regulator is mostly to blame, says Canada's second-largest private broadcaster.

Canwest Global Corp. president Leonard Asper blamed the CRTC for setting ground rules that have impoverished broadcasters and put cable firms in the penthouse.

"Broadcasting is a regulated business. Once you decide to regulate, it should be fair regulation," he chided the CRTC during hearings on the future of broadcasting yesterday.

Cable firms like Rogers and Shaw have most of the power in the industry today, he said.

Canwest is the last to appear before the CRTC asking that the regulator set conditions that would compel cable and satellite operators to pay for TV signals.

The trouble is, making such a decision would leave it open for the carriers to charge customers as much as $10 a month to cover the extra costs, which they have said they would do.

To which, said Canwest regulatory affairs executive Charlotte Bell, the CRTC should show some spine.

"You have to pull your weight to keep this under control," he told chairman Konrad von Finckenstein.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Business news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

McDonald's Getting McHip

BEBETO MATTHEWS/THE ASSOCIATED PRESS

Customers visit a McDonald's in Manhattan, the first in the U.S. to undergo a sleek, European-style makeover similar to what McDonald's has done at thousands of outlets in France and the U.K. The eatery is outfitted with outlets for plugging in laptops, upholstered vinyl chairs, subdued lighting and employees whose all-black uniforms suggest a hip boutique.

Yankees heading back to Canada

TRAVEL Travel to Canada by U.S. residents increased in September compared with August, while travel from Canadian residents to the United States declined.

Statistics Canada reports the overall number of trips to Canada from abroad increased 1.6 per cent to two million, while the number of trips by Canadian residents abroad decreased 1.7 per cent to just less than four million.

Travel by U.S. residents to Canada increased 2.1 per cent in September to nearly 1.7 million trips.

Travel from residents of overseas countries was down 1.3 per cent in September compared with August, as travellers from non-U.S. destinations made 327,000 trips to Canada.

Canadians took 690,000 trips overseas in September, up 0.4 per cent from August.

THE CANADIAN PRESS

Inflation back, StatsCan says

ECONOMY Canadians paid more for food, clothes and tuition in October as the annual inflation rate ticked higher for the first time in five months.

Statistics Canada said yesterday the annual inflation rate jumped a full point to edge above zero at 0.1 per cent in October, reversing an unusual situation that has existed since May in Canada, where overall prices were lower than a year earlier. The data also showed Canadians were paying less for gas, automobiles and hotels.

Inflation in cities
Previous month in brackets

Halifax	-0.3 (-0.4)
Montreal	0.7 (0.0)
Ottawa	0.4 (-1.0)
Toronto	0.3 (-1.0)
Saskatoon	0.3 (0.2)
Edmonton	0.4 (-0.5)
Calgary	0.1 (-1.2)
Vancouver	-0.6 (-1.0)

It's unlikely the inflation rate will fall below zero again for some time. For months, analysts have said Canada's negative inflation situation was not worrisome because it was based solely on one phenomenon that was almost inevitably fated to be reversed — last summer's record gasoline prices. The correction began in October, as the gap between this year's gas prices and the previous year closed from 23 per cent in September to 13.1 per cent.

Food continues to be a main driver of higher inflation. Food prices were 2.3 per cent higher in October than 12 months earlier.

THE CANADIAN PRESS

Canadian wins MLS honour

Pat Onstad of the Houston Dynamo was named the inaugural winner of Major League Soccer's Degree Men Save of the Year award yesterday. Onstad, 41, of Vancouver was honoured for a double save on a penalty kick against the Colorado Rapids. Voting for the award was conducted by fans. THE CANADIAN PRESS

Sports

F1 champ switches teams

Formula One champion Jenson Button, left, signed with McLaren yesterday, teaming him with Lewis Hamilton to give the English team a potent lineup for next season featuring the two most recent title holders. McLaren said Button signed a "multi-year deal" after leaving constructors champion Brawn GP in the wake of its takeover by Mercedes-Benz earlier this week. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Lions familiar with their foe

B.C. knows what kind of game it can expect from Montreal this Sunday

While the Montreal Alouettes had seven more players named to the CFL's all-star team yesterday than B.C., it's another number seven that could bode well for the Lions heading into the East Division final Sunday.

Since head coach/GM Wally Buono took control of the Lions in 2003, the team has gone seven games over .500 against the Alouettes — 11-4 — including a Grey Cup win in 2006.

B.C. and Montreal split their regular-season meetings this season, with the Lions winning the first game after a late Alouettes touchdown was disallowed. Montreal returned the favour with a last-minute win one week later.

When asked about his team's past success against Montreal yesterday, Buono said most of the games have followed a similar pattern.

"The games are all very physical, the games are all very tight, they're usually all very exciting and they usually go down to the wire," Buono said.

Defensive end Brent Johnson, who had just six sacks in the regular season after five consecutive years with double-digits, said he and his teammates find an extra gear when they take on perennial contender Montreal.

"The games are all very physical ... very tight, they're usually all very exciting and they usually go down to the wire."
Wally Buono, B.C. head coach

"We get up for those games. In past years, it's usually been we're the best in the West and they're the best in the East and it's usually a big game," said Johnson.

He noted one of the keys to knocking off Montreal will be stopping running back Avon Cobourne, who was one of nine Alouettes named to the CFL's all-star squad.

"I think the best thing to do with Avon is just put Montreal in situations where running the ball really isn't that big of an option," he said. "If we put some points up on them and we get their backs against the wall, it will definitely be helpful."

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

NBA Raptors lose

STEVE C. WILSON/THE ASSOCIATED PRESS

Toronto Raptors forward Chris Bosh, right, works around Utah Jazz forward Carlos Boozer during the second half of yesterday's game in Salt Lake City. The Jazz defeated the Raptors 104-91.

Get results and feel great!
Vancouver Personal Training
T-SQUARED PERSONALIZED TRAINING
Special 10 Session Introductory Offer.
Call for details 604-250-9784!
www.Tsquaredtraining.com

RECOMMENDED BY METRO READERS

Top 5 Florists

Caley Hui
"Gorgeous arrangements for all occasions, and all unique."

Horticultural Design
"An extraordinary flower and plant store with home accessories."

The Flower Factory
"Consistently great flowers!"

Budget Blooms
"Jane does beautiful work! She is amazing to work with and always a pro."

Buy the Bunch
"Gorgeous, innovative arrangements."

Visit metronews.ca/gigpark for thousands of reader recommendations

Powered by metro and gigpark

CHANGE YOUR LIFE!
experience
the most comprehensive life-changing workshop on transforming consciousness

The Life-Changing Workshop with Dr. Vernon Woolf

iEarth™ is honoured to bring you this unprecedented opportunity to experience *The Life-Changing Workshop* with internationally renowned Dr. Vernon Woolf.

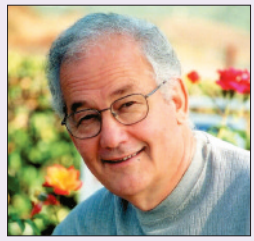
Dr. Woolf is unequaled in guiding people through a practical exploration of how we construct our reality and transforming consciousness beyond linear thinking, emotional dynamics, and conflict. You will learn how to transform every part of your life, and how to:

- be an effective leader
- maintain strong relationships
- be true and present
- create health and wellness
- overcome addictions
- solve conflicts and problems
- achieve financial abundance
- realize your full potential
- create conscious corporations
- transform our environment

Vancouver: November 28 through December 6

To register or to learn more, please visit www.iEarth.org
Limited seating. Register NOW to receive the VIP Special!

THE Fairmont WATERFRONT VANCOUVER
iEarth
Holodynamics International Academy



Dr. Vernon Woolf
is the founder of Holodynamics and an internationally renowned speaker on "Unfolding Potential through Consciousness".

In listening to Dr. Vernon Woolf's words I came to life! Everything changed for me.
~ Olga Sokolova, nominated for the Peace Nobel Prize as one of the top 1000 women of the World in 2005

Call us at
604 248 5309
www.iEarth.org

Magic supports retiring Jordan's number
Magic Johnson would go along with LeBron James' plan to have NBA players stop wearing No. 23. James said last week he would change jersey numbers next season in honour of Michael Jordan, and said no other players should wear it, either. THE ASSOCIATED PRESS

Poland drops Canada

Midfielder Maciej Rybus scored in the first half as Poland defeated Canada 1-0 yesterday in an international soccer friendly.

The loss was the second for the Canadian men on their two-game European tour.

"It is a very different challenge playing in Europe than in Canada," interim coach Stephen Hart said in a release. "The game here is much quicker and the playing conditions are different. We knew coming into this game that Poland was very strong at home.

"Today, we learned a lot about what is necessary for us to play at the international level."

The match, played in a 20,500-seat stadium in Bydgoszcz, was the first meeting between Canada and Poland in more than 20 years. Poland improved its record to 4-0 against Canada and has outscored the Canadians 8-2. The last time the two teams played, Canada lost 2-1 on July 15, 1988.

The game was the final match of the 2009 season for Canada. The men finished the year with a record of seven wins, three losses and a draw.

THE CANADIAN PRESS

Sports in brief

NFL Ronnie Brown's season is over for the Miami Dolphins. Miami's leading rusher was placed on injured reserve yesterday because of a foot injury — his second season-ending injury in three years.

NFL The 2-7 Oakland Raiders benched former No. 1 overall pick JaMarcus Russell yesterday, handing the starting job to journeyman Bruce Gradkowski for the foreseeable future.

RUGBY A pair of second-half tries from Araba Chintoh and Cheryl Phillips gave Canada a 14-5 victory over France in a women's rugby match yesterday, snapping an 11-year winless streak against France.

TENNIS Top-ranked Roger Federer will play both U.S. Open champion Juan Martin del Potro and Andy Murray in the round-robin phase of the ATP World Tour Finals. Federer, who lost to Del Potro in the U.S. Open final, will also face Fernando Verdasco in Group A. Second-ranked Rafael Nadal was drawn into Group B with Novak Djokovic, Nikolay Davydenko and Robin Soderling. THE ASSOCIATED PRESS

SCOREBOARD

NHL

WESTERN CONFERENCE

	GP	W	L	OL	PT
d-San Jose	23	14	5	4	32
d-Colorado	21	13	5	3	29
d-Chicago	19	12	5	2	26
Los Angeles	22	13	7	2	28
Calgary	19	12	5	2	26
Columbus	19	11	6	2	24
Dallas	20	9	5	6	24
Phoenix	21	12	9	0	24
—					
Detroit	19	10	6	3	23
VANCOUVER	**21**	**11**	**10**	**0**	**22**
Nashville	19	10	8	1	21
Edmonton	21	8	10	3	19
St. Louis	18	6	8	4	16
Minnesota	21	7	12	2	16
Anaheim	19	6	10	3	15

YESTERDAY

Dallas 3 Detroit 1
Florida 6 Buffalo 2
Phoenix 3 Minnesota 2
Colorado at Edmonton
Philadelphia at Los Angeles

TODAY

Toronto at Carolina
Boston at Atlanta
Pittsburgh at Ottawa
Phoenix at St. Louis
New Jersey at Nashville
Columbus at Dallas
Chicago at Calgary
Tampa Bay at Anaheim

d - division leaders ranked 1-2-3 regardless of points.

NBA

YESTERDAY

Toronto at Utah
Miami at Atlanta
New York at Indiana
Oklahoma City at Orlando
Cleveland at Washington
Charlotte at Philadelphia
Golden State at Boston
New Jersey at Milwaukee
L.A. Clippers at Memphis
Houston at Minnesota
San Antonio at Dallas
Detroit at Portland

TODAY

Phoenix at New Orleans
Utah at San Antonio
Chicago at L.A. Lakers

NFL

TODAY

Miami at Carolina

SUNDAY

Cleveland at Detroit
Atlanta at N.Y. Giants
Washington at Dallas
San Francisco at Green Bay
Indianapolis at Baltimore
Pittsburgh at Kansas City
New Orleans at Tampa Bay
Buffalo at Jacksonville
Seattle at Minnesota
Arizona at St. Louis
N.Y. Jets at New England
San Diego at Denver
Cincinnati at Oakland
Philadelphia at Chicago

MONDAY

Tennessee at Houston

CFL

SUNDAY
EASTERN FINAL
B.C. at Montreal

WESTERN FINAL
Calgary at Saskatchewan

SUNDAY, NOV. 29
GREY CUP
AT CALGARY
East vs. West champions

Visit metronews.ca to watch metrotube of the day

G4S Security Services (Canada) Ltd.
The Leading International Security Provider
FT & PT positions
Must have BST 1 & 2
Operations Department
fax 604-683-0621

No one should pay too much for home phone service. Especially if that one is you.

Switch today and save. Call 310-SHAW.

FOR $9.95* PER MONTH
DIGITAL PHONE BASIC
FIRST 3 MONTHS

It's easy to switch – we'll take care of everything and you keep your current phone number. You get great long distance rates, Call Display, free installation and service calls.

Switch now and save.

24/7/365SERVICE
TSX 60 / NYSE

*Prices subject to change.

SHAW
PEOPLE POWERED

14 5-year fixed mortgage rates PROVIDED BY RATESUPERMARKET.CA

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
5.78%	5.84%	5.84%	5.85%	4.19%	5.74%	5.84%	5.78%	3.99%

Rates may vary by province; check RateSupermarket.ca for the best rates in your area.

RateSupermarket.ca Canada's rate comparison website

Metro Homes

Plaid props

Snuggle down on the sofa with a pile of plaid Soho pillows to prop you up. Home Outfitters, $19.99 each, homeoutfitters.com.

EMMA YARDLEY/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

5-year variable mortgage rates PROVIDED BY RATESUPERMARKET.CA

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
2.25%	2.25%	2.25%	3.50%	2.25%	2.25%	2.25%	2.25%	2.05%

Quality and ceilings high at Via

A collection of 36 condominium homes with spacious floor plans is still available in the amenity-rich community of Queensborough in New Westminster.

Via features large two-bedroom plus den and three-bedroom homes ranging in size from 1,144- to 1,240-square-feet with several floor plans to choose from.

Pricing starts from the mid $300,000s with immediate occupancy.

Boffo marketing manager Karen West said the large homes are a good value.

"You'll find nine-foot ceilings throughout, and the top floor suites have 10-foot ceilings — some vaulted up to 13 feet," West said.

The balconies are spacious, with some of the second floor terraces up to 667-square-feet.

Every home comes with a generous list of standard features, including high-quality hardwood laminate flooring, gas fireplace, soaker tubs and oversized walk-in showers, rich granite countertops, premium stainless appliances including a side-by-side fridge with water/ice dispenser, a dual-fuel range (gas cooktop and electric convection oven), as well as a separate dual-temperature wine fridge.

Brad Marko, Boffo's acquisitions manager, said the area is well suited for families.

"As the community continues to develop with the City's Official Community Plan, the potential for price growth is hard to ignore," he said.

The project is over 50 per cent sold.

What to know

- The presentation centre is open noon to 5 p.m. daily (except Fridays) at 288 Hampton St. Queensborough. For more information call 604-521-3663 or visit ViaHomes.ca.

Shown are interior scenes of a condo located in the amenity-rich community of Queensborough in New Westminster.

Living the green life, from your roof on down

We are currently in the process of getting a green roof on our backyard shed, and the question I've been asked most often is why?

Indeed, why would we do this? My father shudders at the notion of putting soil and plants up on a roof. It could leak and compromise the roof, he warns darkly. Some of my older neighbours shake their heads doubtfully at the idea.

Even some of my friends look blank and want to know what it is and how it could possibly work when I mention our green roof.

But interest and knowledge is growing. In many neighbourhoods, green-roofed areas have started to appear, mostly on sheds or on flat overhangs over porches or backyard decks.

We've been dealing with a company called Xeroflor (xeroflor.ca), which installs green roofs using specialized materials, and has offices in Toronto, Vancouver and Montreal. This company has been doing it here since about 2001. So far, it's been mostly on commercial buildings and condos, with only a sprinkling on private residences. But with increasing interest in the residential sector, and an upcoming new Toronto bylaw mandating green roofs (January 2010) on many commercial, industrial and institutional buildings, interest and knowledge will continue growing.

A green roof is what it sounds like — a roof that is green with plants rather than black with roofing tar. The best scenario is a roof that is engineered with a green roof in mind. Existing roofs can also be used as a green roof, with some conditions related to reduced weight load.

The roof must be finished before the green roof is applied in order to waterproof it. Some larger roofs may be built with access, but for most residential applications, a green roof is visual, meaning that the view can be enjoyed from a window, but does not allow access. And it is usually on a flat roof — it's not recommended on a sloped roof.

Different plants can be used, and will grow on a growing medium selected by the green roof company, but plants are all selected to handle the hot, dry conditions on most roofs. If you've got a shady space, you may want to consider a moss mat.

Benefits

- For the homeowner, some benefits include cooler temperatures in the interior space under the flat roof and a longer lifespan than most conventional roofs (about 30 years according to Xeroflor).

HomeScape

Sylvia Putz

metronews.ca/homescape

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

THE SHP FIREPLACE WAREHOUSE

Come visit our showroom and ask about our fall sale prices!

Distributors of: Savannah Heating Products Ltd. Big Green Egg Monessen Lexington Forge

#105 - 11091 Bridgeport Road, Richmond, 604-231-8923

www.thefireplacewarehouse.ca • Mon. to Fri. 9 a.m. - 5 p.m., Sat. 10 a.m. - 4 p.m.

Kitchen Creations Ltd.

604-726-3962

www.kitchenscreations.com

One Day Cabinet Restoration
Cabinet Refacing
Custom Cabinets
Countertops • Online Store

For the cat lover
Why not top your gift with this Brown Cat on Green Mitten? This kitten ornament is available for $6.99 at Hallmark, hallmark.ca. METRO NEWS SERVICES

HOLIDAY

Shopping Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Gifts for the computer lover

From notebooks to photo printers, there are plenty of crowd-pleasing options

RAFAEL BRUSILOW
for Metro Canada

Let's face it, few gifts are ever as awesome as a new computer and there are so many to choose from.

Here are Metro's picks for computing goodness this holiday season:

The Dell Adamo XPS.

LG R580 Notebook
$1,299

Sleek and loaded with the right features, LG's R580 is a solid combination of performance, profile and price. Sporting Intel's Core 2 Duo processor, 4 gigabytes of system memory and a powerful Nvidia GeForce 130M GT graphics card with 1 gigabyte of dedicated video memory, this lightweight and lean laptop is surprisingly capable in the entertainment department as well as making sure your heavyweight business presentations come to life. An LED backlight provides better viewing and saves power and the 15.6-inch widescreen is the right size to maintain portability without sacrificing visual quality.

The LG R580 Notebook.

The Samsung N120 Notebook.

Toshiba's Qosmio X500.

Toshiba Qosmio X500
$2,199

With the flood of new games getting released this season, you're going to need some heavy computing power to make your headshots count and your friends jealous at LAN parties. Enter the Toshiba Qosmio, a monster of a system designed for hardcore gaming (and helping develop strong legs if you ever decide to carry it). With an 18.4-inch screen, new Intel Core i7 processor, a one-terabyte drive and Nvidia's GeForce GTS 250M graphics card with 1 gigabyte of lightning-fast DDR5 memory under the hood, this thing really cooks and its heft will probably stop a real-life bullet to boot. A built-in Blu-Ray drive and HDTV connectivity make it just as fun in downtime.

Dell Adamo XPS
$1,999

Dell's answer to the Macbook Air in both style and substance, the Adamo XPS is undoubtedly impressive. Less than a centimetre thick and encased in a sexy machined-aluminum chassis, this laptop aims for discerning users with big pockets. For comparison, this machine is about half the thickness of Apple's already paper-thin Macbook Air. With a 13.4-inch screen and weighing barely three pounds, you'll be hard-pressed to find a slimmer, tote-able computer. Cooler still, when opened the keyboard rises up for ergonomic typing and sports aluminum keycaps. Built-in wireless connectivity and Windows 7 as standard complete this very impressive offering.

Samsumg N120 Notebook
$429

Simple yet stylish, Samsung's N120 is possibly the most natural-feeling mini-laptop out there. The large, raised keyboard is very easy to type on and the clean, single-tone design is classically attractive. With all the standard system elements you'd expect from a netbook packed into the small, thin case, the N120 sets a benchmark for good design and usability in the 10-inch laptop market.

The Epson Artisan 810 All-in-one Printer includes modes for creating colour book pages. The HP Photosmart A646 Compact Photo Printer, below, lets you edit and print high-quality photos.

Putting it on paper

Despite the digital world taking command of our lives, there's no substitute for the portability and satisfying touch of paper when you want to keep something in hard copy, so here are our picks for printers this season:

Epson Artisan 810 All-in-one Printer
$299

A top-end printer with a plethora of creative modes, the Artisan offers some innovative and convenient options for printing. Unique features includes modes for creating colouring book pages and even for making personalized note paper using your own photos — now you can write memos on your favourite, hopefully tasteful, vacation photo. The printer also has a built-in Wi-Fi connection to let you print directly from any wireless source in your home including other computers or even your iPhone.

HP Photosmart A646 Compact Photo Printer
$179

Cute as a button yet still powerful and fun to use, HP's little wonder lets you edit and print high-quality photos in a small, portable package. Create custom borders, photo captions and text using the 3.45-inch touchscreen and print directly from Bluetooth devices like mobile phones for printing on the go.

For the coffee lover
Give the java addict on your list this Tim Hortons Limited Edition 2009 China Mug, $7.95. Each mug comes with a 2 oz. pouch of coffee. Available at participating Tim Hortons locations across Canada. METRO NEWS SERVICES

Holiday Shopping Guide

Responsible gift-giving

This Me to We Be The Change T-shirt, left, is available for $34.50 at metowestyle.com, or you can buy a goat in a developing country for a friend through Ten Thousand Villages.

LINA TOYODA
for Metro Canada

The holiday season is approaching and in the spirit of giving, perhaps we will think about how our shopping and spending affect the lives of other people around the world.

This year, how about considering a gift with free-trade awareness and social responsibility, or charitable donations for friends and family?

There are many organizations that mobilize initiatives to better the situations of people locally and globally, and the holidays are a great time to pitch in on the effort.

Payless Gives Shoes 4 Kids

This holiday season, Payless ShoeSource is planning to distribute 4,000 pairs of shoes to children of Canadian families in need through their Payless Gives Shoes 4 Kids program.

The retailer is calling on local charities as partners in a grassroots effort to distribute the coupons for free shoes to local children across Canada.

"Especially in the economic crisis, those in need are hit the hardest, said Payless spokesperson Mardi Larson. "This year, the economic crisis is still rippling globally and the need is international."

Shoes are a necessity and having launched the program in the U.S. last year, Mardi said the focus this year was to go international with the shoe-giving program.

"Many times, these are the first pair of new shoes for these children. And what's great is that they can go into a Payless store and pick out their own pair of shoes to reflect their own personal style. It's such a confidence booster."

Ten Thousand Villages

Ten Thousand Villages is a non-profit organization that creates a marketplace for artisans in developing countries to provide a sustainable living for them.

Villages practices fair-trade principles that allow artisans to support their families to provide the essentials like sending their children to school and having a safe place to live.

"We work with people who have very few options or opportunities. Sometimes we work with women or groups in very rural areas where there are absolutely no other employment opportunities for them. So it's basically providing a market for them," said Bev Hiebert, the director of sales of Ten Thousand Villages.

With 50 stores across Canada and more than 100 festival sales, Villages works with more than 2,000 volunteers.

"We work with about 130 different groups in 36 different countries so customers will see a variety of product, everything from Christmas decorations to textiles to even furniture," Hiebert said.

On Nov. 28, Villages will launch a project-based holiday program where you can buy a goat for a friend or even a farm on behalf of your company.

Go to tenthousandvillages.ca for the online shop, local stores and complete details.

Free the Children

Free The Children is a children's charity and the world's largest network of children helping children through education. In fact, 65 per cent of their annual donations come from children's fundraising initiatives, says Craig Kielburger, founder of Free The Children.

"We provide youth with leadership training, global citizenship curriculum in schools and opportunities to assist their local and global community."

"Right now, our network of over one million young people extends across 45 countries," Kielburger says.

"With the help of these enthusiastic young leaders, we have been able to build over 500 schools in Africa, Asia and South America providing daily education to over 50,000 students."

Me to We

Working together with the Free the Children charity is Me to We, a new kind of social enterprise for people who are conscious of their daily choices and want to help change the world through socially responsible lifestyle choices.

Fifty per cent of Me to We's net profits goes to support Free The Children while the other half is reinvested back into the enterprise to ensure its sustainability.

Me to We sells products like a "Be The Change" organic T-shirt for example, that positively speaks their message and makes for a gift that's made in Canada.

"Every volunteer trip, organic T-shirt, song, book, speech and choice adds up," Kielburger says.

Free The Children has many holiday gift options at freethechildren.com.

There are also many socially conscious gift ideas through Me to We at metowe.com.

A little luxury goes long way

A Coach bag may be an expensive gift, but it will last a long time — and she will love it.

ANDREA WOO
for Metro Canada

Despite economic uncertainty, buying a luxury item for a loved one may still be the best investment this holiday season.

Jennifer Silk, a Vancouver-based stylist and personal shopper, says tough economic times may actually be more of a reason to purchase classic items that will last longer.

"You could blow money on 10 items and you won't use them in two months, whereas you blow the same amount of money on one item and ... people will be able to use that item 10 years down the road," she said.

Lisa Freeman, editor-in-chief of Consumer Reports' New York-based ShopSmart magazine, agrees.

"You can't just think about the one-time expense," she said. "Let's say (you want) a basic black dress, and you're deciding whether to go to Walmart or really spend some money at a nicer store. If you amortize the cost over all of those wearings, it's obviously going to be better if you invest in some good-quality thing that's not going to fall apart, and stand the test of time in terms of style.

"If you don't have as much money to spend ... it really does pay to buy better stuff, but less of it."

Freeman added, however, that luxury items do not necessarily have to be expensive. Warehouse retail chains such as Costco regularly sell designer items for less, as do web sites such as overstock.com and outnet.com.

"If you decide you don't want to buy online, it's still a great research tool to get an idea of what's out there and what the prices are," she said. "Use the prices you find online as negotiating tools. Go to the local jewelry stores ... and say, 'I saw something comparable online. Can you match that price?'"

Silk says some of the most requested gifts among women are clothing and jewelry — items best bought keeping in mind classic styles and neutral colours. For men, she recommends suits, trench coats and briefcases.

Mina Almai, a 25-year-old Vancouverite, says a Coach handbag is the best gift she's ever received because it is "classy and timeless."

"It's definitely quality over quantity," she said. "Not to mention timeless pieces are always in style."

Neil Hamilton, a 28-year-old Torontonian, says his most prized gift was a high-end stereo system that got almost a decade's worth of use.

"When you get something a little more luxurious, you get the extended use and the memory of who purchased it stays with you longer," he said.

Give the ultimate gift of music this season - music lessons! Call for details.

SHOP ONLINE at long-mcquade.com

Where the Music Begins This Holiday Season.

Long & McQuade MUSICAL INSTRUMENTS
www.long-mcquade.com

VANCOUVER: 604.734.4886
NORTH VAN: 604.986.0911
SURREY • LANGLEY • RICHMOND • PT COQUITLAM

Tell her she's wonderful
This I Think You're Wonderful Gift Set, $38, by Cake is available at Sephora, the Bay, Chatters and at cakebeauty.com. METRO NEWS SERVICES

Unique DIY presents

LINA TOYODA
for Metro Canada

With the economic downturn cinching financial belts, this holiday season is a good time to adopt a DIY ethic and consider some gifting alternatives.

Not to fret if you're a novice crafter or even a beginner, because there are ideas for all skill levels. All you need is an afternoon and a little creative determination. Here are some tips from Austen Gilliland, senior craft editor of Canadian Living magazine:

Food gifts

"I think food gifts are a really good idea because you can put in an afternoon worth of effort but you can get a dozen gifts out of it. Something like a cookie mix or a jam or a jelly or something like spiced nuts."

Without spending a lot of money, you can get big volumes out of food gifts. Like a typical batch of jam, you'll get anywhere between six to 18 jars, she says.

Presentation

There are simple ways to make a gift look great. And you don't really need a lot of special material to do a nice job with wrapping, Gilliland says.

"Even if you pick up brown paper bags — that you would use for a lunch bag — you can get 50 of those for under $3 at the grocery store. And then if you go to the fabric store, you can usually find a nice ribbon and you can get metres of that for $2 or $3."

Monograms

You can take a nice notebook — a moleskin notebook for example — and make a cover. Everyone's notebook cover is basically the same but it will have their initials on it, says Gilliland. And monograms are a great way to do that.

"On the Internet, you can find instructions on everything. You can learn how to screen print, monogram something — you can learn how to paint china. You can download fonts and get a cool font for the letters," she says.

One-of-a-kind

The best things about homemade gifts is that it is unique and personal.

"I think it means more when you get something that somebody made with their two hands," Gilliland says.

Go battery-powered

ANDREA WOO
for Metro Canada

If you're looking for the perfect presents for young children this holiday season, bypass the stuffed toys and clothing and seek out the battery-powered gizmos.

According to reports from toy industry leaders, many of the hottest toys this season move to some degree.

Reidin Goode, senior marketing manager for Girls at Mattel Canada Inc., says that while tech toys have been popular among "tweens" for a few years, this year they're reaching an even younger demographic.

"What we're seeing this year is that a lot of the tech toys are trending downward in age," she said. "Previously you might have seen tech toys for the nine- to 12-year-old target group, whereas now we're seeing a lot of tech innovation in some of the toys targeted at younger kids."

An example for boys is the **Tyco R/C Stunt Psycho**, a battery-powered, remote-controlled car that performs flips and wheelies on a variety of surfaces, including grass, sand and pavement. For girls, there's the **Little Mommy Baby Achoo doll**, which can speak, sneeze and blow its nose.

The Little Mommy Baby Achoo doll by Mattel can speak, sneeze and blow her nose.

Disney FamilyFun magazine has released a list of the year's best toys, as determined by test families across the U.S., annually for the past 18 years. Topping this year's list is **Invasion of the Bristlebots** by Klutz, which enables kids to turn old toothbrush heads into motorized, cockroach-like robots that can race and navigate mazes.

Executive editor Mary Giles notes that there is also an increasing interest in "active," kid-powered toys, such as the **RipRider 360**, a reinvention of the classic three-wheeler, now updated with dual-inclined casters to allow for resistance-free drifting and spinning. Another is **Melissa & Doug Sandwich Stacking Games**, which requires kids to run and jump around while creating giant sandwiches with large, bread-shaped gloves and sandwich-filling layers.

The Tyco R/C Stunt Psycho is a battery-powered, remote-controlled car that performs flips and wheelies on a variety of surfaces.

"We continued to see an emphasis on active toys, as more and more parents are making sure their kids get plenty of physical activity," she said.

Both Goode and Giles agree that the economic downturn has not had a significant effect on the year's top toys, as they usually consist of a broad range of prices.

"Our cheapest Top 10 toy came in at just $3, the Hot Wheels Color Shifters," said Giles. "But then we also do have some that are still over $100, sort of the big-ticket, special toys that we're hearing people are still interested in getting for their kids."

Check out the newest member of Fido's family!
Fido
For more information, please visit our store in Vancouver's
Crossroads Location
BROADWAY & CAMBIE
604-568-9009
next to London Drugs & Blenz!
Simple and stylish.... Sleek, easy-to-use keypad, with a compact design that's nearly as small as a credit card.
3.2 Megapixel camera.... Capture and share your moments with great quality.
Integrated Facebook®.... Simple access to the Facebook® application from your Standby screen.
HSPA - serious speed.... Turbo 3G gives you broadband-like speed in your phone.
$50 Sony Ericsson T715a
with 2-year Fido Agreement

the twilight saga
new moon
11.20.09
YOU'VE SPOTTED THE CREST!
Visit metronews.ca and tell us the page you found this on
metro
E!

mogo
fly home for the holidays!
borrow up to $1500 instantly!
mogomoney.com
» 9 out of 10 approved

Karl Lohnes
Anthony Sedlak
Anna Olson
west coast christmas show & marketplace
food network
THE ULTIMATE SHOPPING EXPERIENCE!
November 27-29 at TRADEX, Abbotsford
Holiday Décor + Entertaining ideas from celebrity experts!
Shop for unique, one of a kind Christmas gifts
Free re-entry and parcel check all three days
BC Hydro powersmart Preferred Admission Program:
Turn in your incandescent Christmas lights and receive $2 off the regular price of adult admission.
- or -
Buy tickets online and save $2 off regular price of adult admission!
www.WestCoastChristmasShow.com
all you need is cheese.ca
BC Hydro powersmart
JR FM 93.7
Sears
Splenda
FOOD NETWORK is a trademark of Television Food Network G.P.; used with permission. © McNeil Consumer Healthcare, division of Johnson & Johnson Inc. 2008

Sweet treats

Make everyone on your list happy with Le Chocolat Holiday Collection, $9.99. These hand-crafted 100 per cent Belgian chocolates are available at Shoppers Drug Mart (shoppersdrugmart.ca). METRO NEWS SERVICES

Holiday Shopping Guide

Baked goods great gifts

Get your kids involved when baking, Trish Magwood says.

It's that time of year again — time to give back to the people in your life who have made a difference.

With so many people to thank, it can be difficult to come up with an appropriate gift for everyone.

But the old saying still rings true: It's the thought that counts. Making your own gift is still considered by many as the most thoughtful form of giving.

When you present a homemade gift, the receiver knows you took the time to carefully craft a gift just for them.

If you're unsure of what to make, a guaranteed hit with almost anyone is a dessert that can be enjoyed with friends and family throughout the season.

"If you are baking for a neighbour, babysitter or teacher, getting your children involved in the process is a great way to spend some quality time together in the kitchen," says Trish Magwood, celebrity chef and mother of three.

"From picking the recipe to mixing up ingredients and putting on the finishing touches, kids love to get their hands dirty and taste the fruits of their labour!"

To ensure your family has a great time in the kitchen, choose a "kid-friendly" recipe that incorporates some familiar ingredients for your young sous chefs.

NEWS CANADA

Chocolate Truffles

INGREDIENTS:

- 1 pkg white chocolate chips
- ¼ cup butter, softened
- 1 cup Rice Krispies Vanilla Flavour
- 1¼ cup semi-sweet chocolate chips

METHOD:

1 Melt white chocolate chips and butter in medium bowl in microwave or over saucepan of boiling water. Stir until smooth. Let cool at room temperature (30 mins).

2 Form white chocolate mixture into 2.5 cm balls. Roll in cereal, pressing it into truffles to coat. Roll in palms to re-shape. Refrigerate 30 minutes.

3 Melt semi-sweet chocolate. Dip prepared balls in chocolate to coat. Lift out with fork. Place on waxed paper lined baking sheet. Let cool 1 hour.

– RICEKRISPIES.CA

Nobody gets you there faster.®1

EARN MILES FASTER

CIBC AEROGOLD® VISA INFINITE™

- Earn 1 Aeroplan® Mile for every dollar you spend[1] plus earn faster by shopping at over 150 Aeroplan partners aeroplan
- Redeem and fly to over 900 destinations on Canada's leading airline, Air Canada, or any of the other Star Alliance™[1] carriers

PLUS, EARN DOUBLE AEROPLAN MILES FOR A LIMITED TIME
when you purchase travel at select Aeroplan partners with your CIBC Aerogold Visa Infinite Card[2]

APPLY TODAY AND RECEIVE
15,000
AEROPLAN MILES

Apply today and earn a Welcome Bonus[3] of 15,000 Aeroplan Miles. Visit a CIBC branch, cibc.com or call 1 866 454-4323.

CIBC
For what matters.

Applicants must meet income, other criteria. [1]Miles earned only on net Card purchases (not on Cheques, etc.). Aeroplan Partners and rules may change. Taxes/fees/surcharges may apply to Rewards. [2]Offer only available on net Card purchases posted to CIBC Aerogold Visa Infinite accounts Oct. 1/09 – Dec. 20/09 under credit card network merchant codes for Air Canada, Fairmont Hotels & Resorts, Delta Hotels & Resorts or Avis. Services provided by participating merchants but posted under another code or after this time period, or billed under a different code don't qualify. Other conditions apply; see aeroplan.com/maximizer. [3]Welcome Bonus cannot be combined with any other offer and applies to new, approved primary cardholders only; it may not apply if you convert your existing CIBC Visa card, or if your existing CIBC Visa card is converted, into this card. Welcome Bonus will be awarded after you complete your first card purchase. Offer may be changed or withdrawn at any time. ™[1]Star Alliance is a Registered Trademark. ®Registered trademarks of Aeroplan Canada Inc. CIBC, authorized licensee. ®[1]Reg. TM of CIBC. "CIBC For what matters." is a TM of CIBC.

Holiday shopping doesn't have to be stressful for men.

Help men make most of shopping

It's a well-known fact: Most men hate holiday shopping. Here's a list of tips from RedFlagDeals.com that will help men everywhere stay sane during the craziest shopping time of the year.

Plan your attack: When shopping, make like a ninja — get in and out before anyone knows you are even there. If you must go to the mall, prepare in advance. You should know what you're looking for, how much it costs, and where to get it before you leave home. When shopping online, shipping times vary, so expect orders to take at least a week to arrive.

Tune out: Bring your MP3 player with you. Your music may not be festive, but at least it won't drive you crazy.

Shop online: You'll save money, avoid the crowds, and find multiple gift ideas with the click of a button. You'll save a lot of time by comparing price, availability, and reviews of products on the Internet.

Support the trend: If you're stuck for ideas, find out what other people are getting your shopping target and get them something that compliments that gift. Is someone getting them skis? Buy them ski goggles and ski wax.

NEWS CANADA

For the hostess
Bring her this three-piece Christmas tea towel set in a useable breadbasket from Canadian Tire (canadiantire.ca or1-866-746-7287). The towels, $16.99, come in three colours and the centre towel has a seasonal icon stitched into it. METRO NEWS SERVICES

Tips to go green this holiday season

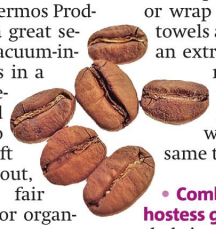
At holiday time, along with buying for close friends and family, it is often customary to buy small gifts for a multitude of others as well — teachers, hosts, babysitters — you name it.

And while small gifts are just as thoughtful, they can sometimes be more difficult to choose. You want the recipient to like it, use it, or eat it; all without causing too much waste or impact on the environment.

Don't fear. There are lots of gift ideas out there that are not only superb items to give, but are environmentally friendly choices as well. It just takes some creativity and some thinking outside the holiday box.

To help with your holiday gift list this year, here are some great — and green — gift suggestions:

• **Forget the traditional coffee mug for the teacher.** Instead, give a sturdy insulated travel mug that will keep their coffee or tea warm for hours while they're in the classroom. Canadian Thermos Products makes a great selection of vacuum-insulated mugs in a variety of designs and styles. And to make the gift really stand out, add some fair trade coffee or organic tea inside.



• **Baked goods, jams or preserves, and other homemade items are always appreciated.** Dress them up in charming jars or wrap them in new tea towels and you're adding an extra gift that can be reused time and time again; foregoing wasteful wrapping at the same time.

• **Combine pot-luck and hostess gifts into one.** Simply bring your food in one of the new insulated grocery bags that are available. This way your food stays hot or cold and you're giving a gift that will be used countless times.

Jams or preserves can make a great eco-friendly holiday gift.

• **Instead of a customary bottle of wine,** give a reusable container filled with delicious mulled wine or other hot beverage. This is a great way to warm up on cold winter nights.

NEWS CANADA

Get the flexibility to fly on any airline.

FLY ANY AIRLINE

CIBC AVENTURA® VISA INFINITE™

- Enjoy the flexibility to redeem for any available seat on hundreds of airlines worldwide[1]
- Use your Aventura Points towards vacation packages, cruises and last-minute travel
- Exchange your Aventura Points for Aeroplan®[1] Miles[2]

PLUS, EARN DOUBLE AVENTURA POINTS FOR A LIMITED TIME
when you purchase WestJet[6] flights with your CIBC Aventura Visa Infinite Card[3]

APPLY TODAY AND RECEIVE 15,000 AVENTURA POINTS

Apply today and earn a Welcome Bonus[4] of 15,000 Aventura Points.
Visit a CIBC branch, cibc.com or call 1 866 454-4323.

CIBC
For what matters.

Applicants must meet income, other criteria. [1]Aventura Airline Rewards cover up to a maximum ticket cost; any excess cost plus taxes, fees and surcharges must be charged to Card or paid for with Points. [2]Miles must be converted in 10,000 point increments. [3]Offer only available on net Card purchases of WestJet flights posted to CIBC Aventura Visa Infinite accounts Oct. 1/09 – Jan. 31/10 under WestJet merchant code. Packages, including WestJet Vacations[6], don't qualify, nor do flights posted after this or under another code. Other conditions apply. CIBC has no arrangement with WestJet in connection with this offer. [4]Welcome Bonus cannot be combined with any other offer and applies to new, approved primary cardholders only; it may not apply if you convert your existing CIBC Visa card, or if your existing CIBC Visa card is converted, into this card. Welcome Bonus will be awarded after you complete your first card purchase. Offer may be changed or withdrawn at any time. ®Reg. TM of CIBC. ®[1]Registered trademark of Aeroplan Canada Inc. [6]WestJet and WestJet Vacations are registered trademarks of WestJet Airlines Ltd. "CIBC For what matters." is a TM of CIBC.

Planning ahead when sending packages will save you money.

Ensure you send your packages on time

How you send packages to your loved ones is just as important as what you send them, according to Canada Post.

"Starting early will save money and take some of the stress out of the frenzied holiday season," says Marc Smith, director of product management for Canada Post. "But no matter when you're ready to send your gifts and cards, Canada Post has a service that will get them there by Dece. 24."

Ready early?
Regular parcel services are the most economical way to ensure holiday packages arrive before Santa. Here are the mailing deadlines:

- Dec. 1: To the U.S.
- Dec. 11: Within Canada

Need more time?
If it's taken you a little longer to find that special gift, then Xpresspost is the service for you. The mailing deadlines are:

- Dec. 7: Worldwide (but Dec. 1 for Africa and Central/South America)
- Dec. 14: To the U.S.
- Dec. 22: Within Canada

At the last minute
In Canada, the fastest service is Priority Next A.M.. For destinations abroad, use Priority Worldwide.

- Dec. 17: Worldwide destinations; available to select countries only. Check with your post office for details.
- Dec. 21: To the U.S.
- Dec. 23: Within Canada

NEWS CANADA

ALL THAT YOU HAVE WISHED FOR

AVAILABLE IN STORES THIS NOVEMBER!

Animated classics for kids of all ages

DVDs & BLU-RAYs
available in store at great prices
PLUS GET AN ADDITIONAL
$10 off* By Mail
min. $50 purchase excl. taxes

WARNER HOME VIDEO

*For a full list of participating **DVD AND BLU-RAY** titles and rebate details visit www.whvpromos.ca

© 2009 Warner Bros. Entertainment Inc. All rights reserved.

Stay warm
Keep warm this winter with these Little Hotties Hand Warmers, $1.99 each. Availabe at Zellers, London Drugs, or 1-800-663-8613. METRO NEWS SERVICES

Holiday Shopping Guide

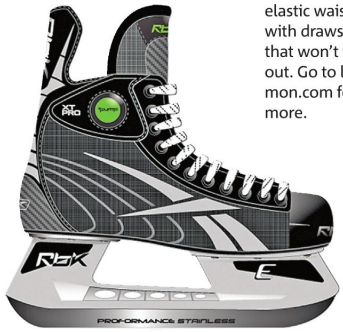
Game on!

This **Bauer Supreme One 75 Goalstick, $129.99,** is available at at Canadian Tire (canadiantire.ca).

Show your Canadian pride with this Vancouver 2010 **unisex weave beanie**. For more details or to order online, go to elevatesport.ca

This **Fila AT Corsa Shell Hoodie for men, $80,** has a full zip reversible jacket with hood and two hand pockets. For retailers, call 1-800-668-5480.

This **Game On Pant, $78,** by Lululemon has a soft elastic waistband with drawstring that won't wash out. Go to lululemon.com for more.



These **Reebok Pump Skates, from $299.99,** feature quick drying-double density microfibre liner. Available at Canadian Tire (canadiantire.ca).

A portion of the sales of **Otterbottle stainless steel water bottles,** which range in price from $15.99-$21.99, to towards supporting the David Suzuki Foundation. For more, go to otterbottle.ca.

This **Winnwell Tower Bag, $99.99,** features an enzyme that kills the nasty odours associated with a well-used bag of hockey equipment. Available at Canadian Tire (canadiantire.ca).

good things come in sparkly packages.

Scratch &WiN

bclc

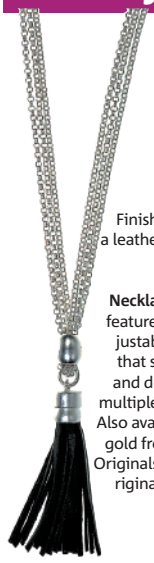
Know your limit, play within it.

19+ YEARS

Keep her safe
These personal safety alarms by Ila Dusk emit a high-decibel scream designed to shock and disorient an attacker. Available for $29 each exclusively at the Bay. METRO NEWS SERVICES

Holiday Shopping Guide

Silver belles



Finished with a leather tassel, this **Riviera Necklace, $44,** features an adjustable bead that slides up and down the multiple chains. Also available in gold from Foxy Originals (foxyoriginals.com).

This **silver clutch by Jessica** retails for $29.99 at Sears (sears.ca).

MICHAEL Michael Kors multi-colour wool/cashmere knit gloves, $88 each. For availability, call 1-866-733-KORS.

Swarovski HYBRID Long Necklace, $250. For more, go to swarovski.com.

This **PURE Alfred Sung bracelet** was designed by Canadian fashion icon Alfred Sung exclusively for Zellers. Prices for PURE Alfred Sung accessories range from $7.97 to $19.97. For more, go to zellers.ca.

This **TIMEX Women's Crystal Collection watch, $120,** features genuine Swarovski crystals. For more information, visit timex.ca.

American Eagle by Payless **Glimmer Glitter flat**, top, and American Eagle by Payless **Eve Ruffle flat**, both $37.99. Available in select Payless stores across Canada. Go to canada.paylless.com or call 1-877-474-6379 for more.

This **Silk Rosette Scarf, $74,** is available at Banana Republic (bananarepublic.ca).

Special offer – 1/2 price enrollment fee

Give a BCAA membership and get $20 free gas.

Get to know "Full" on your gas gauge.

This holiday season, give a BCAA membership and we'll give you a choice of a $20 Husky and Mohawk gas coupon or a 2010 Entertainment® Book — valued at $50. It's a win-win-win situation. Road safety for them, a freebie for yourself, and peace of mind for both of you.

Call 310-2345 for more details, click www.bcaa.com/gift or visit your nearest BCAA.

Offer expires December 27, 2009 and valid on all new driving memberships, for both Primary and Associate memberships. Enrollment fee is a first-time join fee for Primary memberships. Please allow 4-6 weeks for delivery. Not available on Join-on-Arrival memberships. All names, trademarks and copyrights of or in use by ENTERTAINMENT® shall remain the sole exclusive property of ENTERTAINMENT®. While supplies last. There will be a $5 surcharge for mailed Entertainment® Books.

Husky MOHAWK

BCAA CAA
Relax. We've got it covered.

Carol Ship Dinner Cruise
Join the spectacular Parade of Lights and treat yourself to a gourment buffet, dancing & caroling aboard our luxurious ship, the Pride of Vancouver.
From: $39.95 to $69.95
per person plus grats and GST. December 3-23, 2009.
PRIDE OF VANCOUVER CHARTERS · LTD
(604) 687-5533 · www.vancouvercharters.com

BOOK-OFF VANCOUVER STORE SELL & BUY
BOOKS • CDs • DVDs • VIDEO GAMES
A NEVER BEFORE SEEN USED BOOK STORE!
636 HORNBY ST.
604-605-8887
WE MAY NOT BUY CERTAIN BOOKS.
ALL OUR ITEMS ARE CLEAN AND IN GOOD CONDITION!
OPEN 7 DAYS A WEEK, INCLUDING HOLIDAYS • 10am - 8pm

PREMIUM PRE-OWNED
Lotusland
ELECTRONICS AND MUSIC
buy + sell
2660 alma street, vancouver + 604.733.0771

All wrapped up
Make your gift stand out under the tree with gift wrap and gift bags from the Get Your Merry On! Collection. Prices range from $1.99-$5.99 at Hallmark, hallmark.ca. METRO NEWS SERVICES

Holiday Shopping Guide

Devoted gamers say Call of Duty: Modern Warfare 2 sets the benchmark for striking realism.

Call of Duty a blockbuster

This holiday season's biggest entertainment blockbuster likely will be a sequel to a popular franchise, with jarring depictions of war and an intricate story of good versus evil. It could easily rake in more than last year's record $155-million US opening weekend for The Dark Knight.

But this blockbuster is not a movie.

It is Call of Duty: Modern Warfare 2, a video game that Activision Blizzard Inc. released last week. Fans worldwide are expected to spend at least half a billion dollars on the game this week.

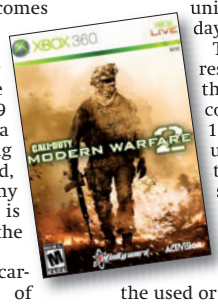
That would at least match last year's Grand Theft Auto IV, which was the most successful video game release in history and might have been the top entertainment launch ever.

To fans, who refer to it as COD, the game sets the benchmark for stunning cinematography and striking realism, with troops of elite soldiers hunting down targets in South America, Russia, Kazakhstan and Afghanistan. Players typically plug into an online community, moving in teams to hunt down enemy snipers.

To retailers suffering through the recession, it's an early Christmas gift, a product that may get consumers in North America and Europe to open their wallets.

To detractors, it represents everything that is wrong with the billion-dollar video gaming industry: Blood-soaked images of warfare that they say pose a risk to the mental health of children and even some adults who may not be able to tear themselves away.

The release comes at an awkward time, just days after 13 people were killed and 29 wounded in a mass shooting at Fort Hood, Texas. An army psychiatrist is suspected as the gunman.



Call of Duty carries a rating of "M," meaning the content is suitable for those ages 17 and older. Made for the Sony PlayStation 3 and the Microsoft Xbox, it retails for about $60.

The Internet buzzed about the game all day last Tuesday, and there was no shortage of hyperbole.

As pre-orders topped 1.6 million, Amazon officially named COD the biggest selling pre-order video game of all time. Robert Kotick, chief executive of Activision, crowed that the shooter game is likely to be "one of the largest entertainment launches of any media of all time."

There's no question that the video-gaming industry is massive. It was worth an estimated $14.7 billion US in the United States last year, surpassing the $9.6 billion movie industry.

Investment banking firm Janco Partners in Denver, Colo., estimated the game would sell as many as 4.6 million units the first day. That would beat last year's blockbuster Grand Theft Auto IV, which sold 3.6 million units on the first day.

Through the rest of the year, the COD tally could swell to 11.1 million units, said entertainment software analyst Mike Hickey. That doesn't include revenue from the used or rental market.

Gaming's popularity is not surprising given the quality of what's out there, Hickey said.

"Just think of one of your favourite movies, and think about what it would be like to play it through as one of the characters. That's what gaming is offering today."

Best Buy Canada has taken thousands of pre-orders online and in stores, said marketing manager Mary Ann McKenzie. "This is absolutely the biggest gaming release of the year," she said.

"It absolutely drives traffic for us, and it drives it in nice and early in the holiday season."

In a recession, "anything that creates that sense of excitement that consumers haven't felt for some months is just great. The response is like, 'Recession be damned. I'm getting it.'"

In the U.K. on Monday, the Labour Party denounced the portrayal of violence in the game and called for the government to enact measures to prevent sales to minors.

In all, about 28 million Call of Duty games have been sold in the United States, with each instalment doing better at launch than the previous one, said NPD Group analyst Anita Frazier. Optimism about the latest title led Activision to reaffirm its outlook for 2009 last week. It expects more than $2 billion in revenue for the current quarter — roughly half of the year's total.

Wedbush Morgan analyst Michael Pachter estimates Activision is spending as much as $50 million to market the game, including TV spots, billboards and ads on social-networking sites. Activision won't say how much the game cost to make, but most blockbusters require tens of millions of dollars.

For the 20-something generation, video games are entertainment on par with movies, except they last many more hours and immerse players in stories in which their actions affect the outcome.

Patrick Kienbauer, an 18-year-old student in Austria, said the game's last instalment, which has sad background music and a "comfortless ambience," let him "feel the cruelty and violence of war."

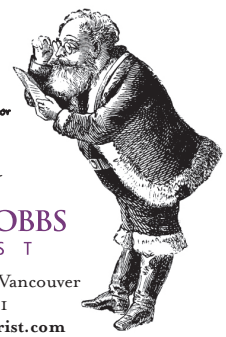
TORSTAR NEWS SERVICE, WITH FILES FROM THE ASSOCIATED PRESS

ADVERTISING FEATURE
UNIQUE FINDS

TWOO Gifts
252 West Broadway, Vancouver
604-872-0863 • www.twoogifts.com

bed
locally made bedding
we've got what you want in bed
we're pretty proud of the fact that for nearly 10 years now we've been here in our community, doing it our way in bed. buy your sheets from the people who made them & sleep better tonight.
making your bed since 1999
2151 west 4th ave., vancouver, bc
1.877 / 604.736.3482
www.bed-online.com

For Everyone on Your Holiday List.
A Christmas Wonderland of Ideas.



For Mom
Orchids
For Jonathan's Teacher
Christmas Planter
For Susan's Ballet Instructor
Poinsettia
For Rob's Parents
Fresh Holiday Arrangement

THOMAS HOBBS
FLORIST
2127 West 41st Avenue, Vancouver
604-263-2601
www.thomashobbsflorist.com

BROSE expands collection

Though cocktail dresses remain at the heart of the collection, fashion label BROSE has announced its 2010 line has now expanded into cocktail separates, including jackets, pants, skirts and tops. METRO NEWS SERVICES

Style

Designers vie for lucrative price

The Toronto Fashion Incubator is inviting emerging Canadian designers to create looks fit for a doll — all part of a shot at taking home a lucrative prize package. The non-profit organization is holding its annual TFI New Labels contest, which has helped launch the careers of Canadian top designers like David Dixon and NADA (headed by Nada Shepherd, pictured left). The fashion design competition is open to professional women's wear apparel designers who have been in business for three years or less. Submissions are due Nov. 24. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A sign of good breeding

A camel-coloured coat can help spice up a cool-weather wardrobe

A camel-coloured coat may sound bland, but it could be just the thing to spice up a cool-weather wardrobe.

While a camel coat makes a classic chic statement, the style is malleable enough to be either a trendy boyfriend jacket or traditional trench. Its place in fashion history, on the backs of Katharine Hepburn and Grace Kelly, and Ali McGraw and Kate Moss, give it a solid pedigree, and the colour — a range of shades between tobacco and fawn — has a richness to it that, quite frankly, makes you look rich.

"Camel looks indulgent like winter white but has the pragmatism of grey and black. It's the best of both worlds. ... A camel coat evokes throwaway glamour," says Michael Kors, who for many seasons has used camel as a core of his fall collections.

You can wear camel with any colour in your wardrobe, including black, which makes a camel coat a good investment piece, but one that you don't have to spend a fortune on, says Stephanie Solomon, fashion director of Bloomingdale's. She says she owns three styles — a zip-front, a peacoat and belted version — and she's had each for at least 20 years. They come out of the closet every time she wears the black pants, black shirt, black heels combo.

Kors suggests pairing camel with white or bold brights like red or orange; stylist Mary Alice Stephenson recommends it with one of the season's other trends, a neon colour like hot pink or electric blue.

Macy's vice-president of ready-to-wear fashion, Nicole Fischelis, says the contrast colour doesn't really matter because what most complements a camel coat are brown leather accessories — the belt, the boot, the bag. She likes a little animal print thrown into the mix, too.

"Camel looks indulgent like winter white but has the pragmatism of grey and black. It's the best of both worlds."
Michael Kors, fashion designer

Camel coats aren't always camel-hair coats, but that's the garment that really made its mark in the middle of the 20th century as a sign of sophisticated taste. Camel hair is from the soft undercoat of the camel, with a similar feeling — and similar cache — to cashmere and alpaca, explains Marlene Middlemiss, fashion design instructor at the Fashion Institute of Technology. Over time, some manufacturers started mixing camel hair with wool as a cost-cutting measure.

"Camel works in everything from dyed wool to cashmere or camel hair. It looks best in fabrics with texture and what fabric you choose depends on your wallet, climate and the shape of your garment," says Kors. THE ASSOCIATED PRESS

Crop, belted coat, Old Navy, $89.50.

Thinsulate lined herringbone coat in Palomino, Talbots, $299.

Leather coat for men, Banana Republic, $610.

A Michael Kors camel-coloured coat shown at New York Fashion Week (February 2009).

Curves to boot

Lots of choice for women with wide calves

JANINE FALCON
For Metro Canada

For women with curvy legs, this time of year usually means footwear frustration.

"I can never find tall boots to fit my calves," says Heather Watterworth, a public relations rep for cosmetics company Mary Kay. "They're always too tight."

Sure, Watterworth and others like her could go for below-the-calf heights, or uninspired shiny stretch vinyl, but in this season of knee-high chic, those options just don't measure up.

Happily, according to Town Shoes PR director Crissi Giamos, "This is a fabulous season for fitting different calf widths."

Shoe repair shops may also be able to help stretch boots

Knee-highs with generous stretch panels are certainly more and more common, and lace-ups — as long as they lace-up for real — offer adjustable comfort (Rockport, Timberland and Cole Haan all have handsome lace-up styles this season).

Giamos also recommends giving the popular slouchy boot a try, the type that allows the wearer to pull the boot leg up or push it down. They tend to have a roomier fit; some also have stretch, she says.

In terms of brands, Giamos points to David Dixon, Kate and Mel, and the Town Shoes private label.

In fact, an encouraging number of companies now make boots with curvy-calf appeal. Ron White carries an impressive variety of suitables by Cole Haan, La Canadienne, Mephisto, Stuart Weitzman and Frye, as well as the Ron White signature line (RonWhite.ca ships across Canada and internationally).

Left: Timberland Charles Street Tall Lexiss Waterproof boot, $200.

Below: Ecco Hancock Boot, $275.

Ecco boutiques may also yield a find; the brand prides itself on its forgiving cut that fits a range of calf sizes. And for the online-savvy, US-based WideWidths.com offers wide, extra-wide and super-wide calf sizes from companies such as Blondo and Naturalizer.

A good shoe-repair shop may also be able to supply a better fit, either by stretching the boot shaft or putting in an insert.

Left: Frye Rory scrunch boot, Ron White, $448.

They're not always easy to find, but the best ones are usually known to local shoe-store staff.

Right: Lacoste Tobie slouch boot, $275.

ELLE Canada magazine on sale now!
Our A-list gift guide has chic ideas for everyone on your list, only in our December issue! STYLE CONTENT BY ELLE CANADA, SEE MORE AT: **ellecanada.com**
ELLE CANADA

INSPIRATION

HIT LIST
Best buys under $80

BIG BLING Crystal-bead drop earrings, Aldo Accessories ($25, aldoshoes.com)

CODE RED Sleeveless silk top, Jacob ($48, jacob.ca)

STUDIO ANDRÉ DOYON

GILT TRIP Metallic-leather platform slingbacks, Spring ($50, myspringshoes.com)

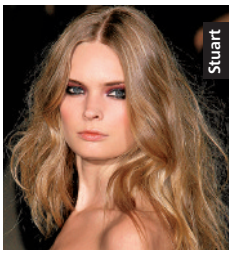
SLIM SHADY Polyester and rayon skirt, RW&CO. ($65, rw-co.com)

ASYMMETRICAL DRAPING Polyester dress, Vero Moda ($65, 1-866-338-4392)

C'EST BOW Satin handbag, Soaked in Luxury ($50, 1-800-463-8127)

Editors' Pick

Pparty planner



Top stylists on how to get great hair for soirée season.

•Invest in a versatile heat-styling tool, says Andy Bodine, artistic ambassador of ghd, who recommends buying a flat iron that can create both curls and sleek hair.
•Schedule a trim. If you have a great cut, your hair will be easier to style, says John Steinberg, a Toronto-based hairstylist. •Have a post-work event? Book a blowout for the morning, then pull it into a loose bun, says Robert Vetica, an L.A.-based hairstylist. Then undo the bun, brush hair out, and spritz with hairspray.

Mane Jacket in Worn Olive and Profile Lite Pants in Helio Purple ($400 and $250, Oakley)

SNOW QUEEN

American snowboarder babe Gretchen Bleiler has teamed up with Oakley once again to create a line of outerwear. Bleiler is branded as the Gwen Stefani of the snowboarding world for her sartorial style on and off the slopes, and her collection includes goggles and apparel made from recyclable fabric. Her mandate? Design something her fellow betties would wear—items that can weather the elements and look fierce on the half-pipe.

Proceeds from the sale of 15x15 go to the celebrities' charity of choice.

PHOTO CALL!

After a 10-year sabbatical from the biz, famed make-up magnate and photographer Francois Nars is back in the spotlight. He kicked off his comeback year by creating an '80s-inspired look for Marc Jacobs' fall 2009 collection, as well as designing the beauty looks for Jacobs's spring 2010 shows. And to celebrate the 15th anniversary of his cosmetics brand, Nars photographed 15 icons for 15x15, a new coffee-table book. His subjects include Naomi Campbell, Isabella Rossellini and Olivier Theyskens. "I wanted to create images that reflect my vision of what beauty is," explains Nars.

To read these stories and more, visit: **ellecanada.com**

JONES NEW YORK
FACTORY STORE

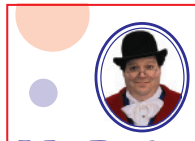
HOLIDAY EVENT
Warm up to a great selection of luxurious sweaters designed to add style to your Holiday entertaining.

CASHMERE $99 All styles
MERINO $49 All styles

GET GIFTED! The Jones New York Gift Card, available in any denomination. It's always the perfect fit!

only at JONES NEW YORK FACTORY STORE
Port Coquitlam 604.461.5200
New Westminster 604.522.9991
Richmond 604.278.1503

*Selection may vary by store. Cannot be combined with any other promotions. Some exceptions may apply. Not available at Sherway Gardens or St-Regis Factory Finale store.



Mr. Pickwick's
World Famous Fish & Chips
604-266-2340 • 8620 Granville Street, Vancouver
Open Daily 11am to 9 pm • www.mrpickwicks.bc.ca
*Must present coupon for offer. Available at the Granville location only.

2pc Cod & Chips with Tartar Sauce $6.98*

FEELING LOW?
BARE BASICS CAN HELP!

BARE BASICS
VANCOUVER: 4431 W 10th Avenue • 604-224-3777
RICHMOND: 3871 Moncton Street • 604-271-5330

Jess rooting for Ashlee
Jessica Simpson is excited to see sister Ashlee playing Roxie Hart in Chicago on Broadway. "I can't wait to watch @ashsimpsonwentz on broadway in all of her glory!!!" Jessica Twittered. "I get chillbumps from toes to noggin thinking about it!!! YAY!!!!!" USMAGAZINE.COM

Entertainment

Depp sexiest
People magazine has selected their new Sexiest Man Alive, and the honour goes to Johnny Depp. Depp is only the third man to earn the title twice, after Brad Pitt and George Clooney. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Stop motion lives

Human touch behind success: Expert

PHIL BROWN
Metro World News

In an age when animation is dominated by digital CGI (most notably the work of Pixar), one form of analog animation seems to be gaining momentum. Traditional hand-drawn animation is practically dead, but stop motion continues to thrive.

Over the next week, two stop-motion features are hitting screens: The independent claymation feature Mary And Max, as well as Wes Anderson's big budget Roald Dahl adaptation The Fantastic Mr. Fox. Something about this meticulous handmade animation continues to resonate with audiences even though it should be outdated.

m.metronews.ca

Scan this barcode to see more stills from the films mentioned here on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

"For audiences, stop motion has an inherent charm that simply cannot be replicated in drawn or CG animation," says professor Christopher Walsh. "This charm largely comes from the physical aspect of the medium. In stop motion it's a real puppet on a real set moving through real space."

Walsh should know, considering that he is one of the instructors in the Animation Program at Sheridan College (the only institution in Canada with a comprehensive stop-animation program).

"Human hands make the whole world that appears on screen and that human connection, in an increasingly digitally polished age is reassuring to an audience," claims Walsh.

This audience connection is very real and as a result the production of stop-motion animated films is greater today than ever before. With this in mind, we would like to take a look back at some of the finest works of stop motion ever produced.

Left, the claymation feature Mary and Max opens next week; Stop-motion classic Wallace and Gromit has won several Oscars.

THE NIGHTMARE BEFORE CHRISTMAS

Director Henry Selick transformed the traditionally jerky stop-motion medium to a slick Hollywood production with stunning results. The first ever feature length stop-motion animated film made in Hollywood didn't take the box office by storm on initial release, but has gone on to become a contemporary classic that played a major role in the resurgence of the format.

WALLACE AND GROMIT

British animator Nick Park's clay man and dog duo have been subjects of four short movies and one feature that have won countless awards (including several Oscars). The characters are incredibly expressive in a manner rarely achieved in any form of animation.

THE RANKIN/BASS CHRISTMAS SPECIALS

Possibly the most beloved works of stop motion ever produced, these classic adaptations of Christmas stories like Rudolf The Red-nosed Reindeer have become annual holiday favourites.

give the HMV gift card

listen·watch·play hmv

Michael Hall accused of attacking ex

Anthony Michael Hall has been ordered to stay away from his ex-girlfriend after he allegedly attacked her in her New York home. Diana Falzone filed papers against the actor last Tuesday. FEMALEFIRST.CO.UK

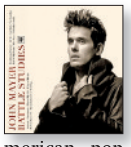
Mayer too sweet for Battle

AlbumReviews

music@metronews.ca

John Mayer

Album: Battle Studies
Label: Columbia/Sony
Rating: ●●½



JOHN MAYER IS ONE of the rare real talents to come out of the last ten years of American pop music. And he's got some of the best players in the business backing him up with Steve Jordan on drums, Who sideman Pino Palladino on bass, ex-Faces legend Ian McLagan on keyboards and session wizard Waddy Wachtel adding acoustic guitar. So why does Mayer insist on pushing these oh-so-safe, warm-and-cuddly songs at us? Yes, the duet with Taylor Swift is nice. But he didn't have to serve up an entire album of niceness. Even when he tries to prove his guitar rock credentials on Robert Johnson's Crossroads, Mayer wimps out with an oddly smooth version of the blues classic. Mayer needs to find a balance between his self-absorbed live recordings and this overly sweet studio stuff.

Graham Rockingham/ for Metro Canada

Norah Jones

Album: The Fall
Label: EMI
Rating: ●●●

A "FALL" FROM GRACE? Certainly not as far as her fans are concerned. Norah Jones' fourth album continues on the rootsy down-tempo path of its predecessors, her sometimes sultry, sometimes charming voice a perfect companion to an evening by the fire place or a wine-fueled dinner. The "fall" in the album title is probably more a fall from innocence, with many of the self-penned tunes stinging with the melancholy of breakup. Jones does, however, show she's capable of being an outlaw rocker ala Steve Nicks on tracks like Young Blood and It's Gonna Be. Also worthy of note are two co-writes, one with Ryan Adams (Light as a Feather) and the other with Okkervil River's Will Sheff (Stuck).

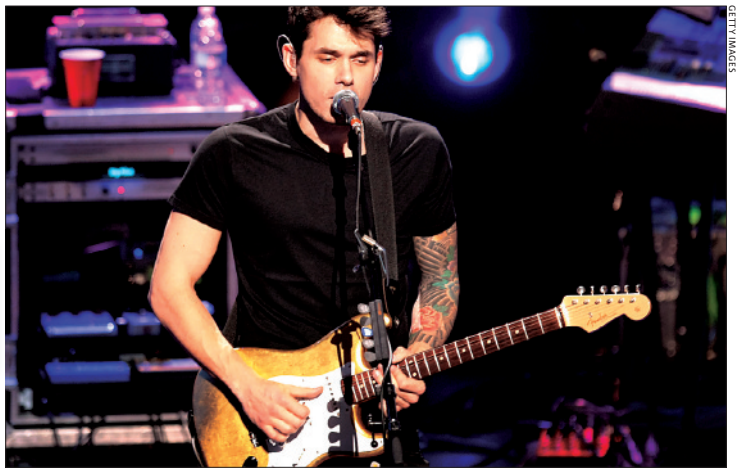
Graham Rockingham/ for Metro Canada

Leona Lewis

Album: Echo
Label: RCA/Sony
Rating: ●●½

AS FAR AS SINGING competition winners go, Leona Lewis' popularity is on par with Kelly Clarkson and Carrie Underwood. The X Factor champ's debut disc was a massive hit and her second record will sell a lot too. But while she has a stellar voice, her music is boring. She doesn't have Clarkson's rock edge, or Underwood's country charm — she's an R&B pop singer just like Maria Carey. Epic choruses and overwrought versus litter the record — a little more of her own personality would do this record good.

Bryan Borzykowski/for Metro Canada



GETTY IMAGES

John Mayer serves up some smooth rock in Battle Studies.

Them Crooked Vultures

Album: Them Crooked Vultures
Label: Universal
Rating: ●●●●

DAVID GROHL, JOSH HOMME and John Paul Jones must have been listening to a stack of old Cream records when they decided to put together their own supergroup. The comparisons between Cream and Them Crooked Vultures are too tantalizing to ignore. We've got three giants of their genres — Grohl, frontman of the Foo Fighters and and drummer of Nirvana, Homme, guitarist and singer for Queens of the Stone Age; and Jones, bassist and keyboard player for Led Zeppelin — coming together to form a power trio. Dreamy high-pitched vocals ala Jack Bruce, distorted guitar riffs ala Eric Clapton and crazed discordant drumming ala Ginger Baker. Tracks like Scumbag Blues, Bandolier and Elephant could easily have fit onto Disraeli Gears. But who could ever fault three master musicians putting aside egos, to come up with what they used to call, back in the day, a very "heavy" record. Thank goodness, there's no 16-minute drum solos.

Graham Rockingham/for Metro Canada

Kris Allen

Album: Kris Allen
Label: Jive/Sony
Rating: ●●½

IF YOU THOUGHT Kris Allen's record would be the first American Idol winner debut to be good, you're out of luck. The spikey-haired boy-next-door, churns out a lot of nauseating faux-rock on his first disc. Like most Idol albums it's completely devoid of the singer's personality — listen to The Truth and you'll see what I mean. Much of the disc is cliché post-reality TV pop. There are some rockers — like Before We Come Undone — but there's too much Rob Thomas-like sap to make this work.

Bryan Borzykowski/for Metro Canada

Paul McCartney

Album: Good Evening New York
Label: Hear/Universal
Rating: ●●●

DOES THE WORLD really need more recorded renditions of Beatles songs? That's up for debate, but it helps that the guy playing the band's old hits is Paul McCartney. This is yet another live album from Macca that's filled with Beatles tunes, Wings tracks and solo material. The double disc features everything from Drive My Car and Jet to lesser known tracks such as Highway, from the recent CD he released under his Fireman moniker. While there's nothing here you haven't heard before, his voice is still top notch and the recording quality is fantastic. Worth a listen.

Bryan Borzykowski/for Metro Canada

HOOK UP FEARLESSLY

SAVE $35!
Toss the activation charge.

BONUS MINUTES
Get up to 300 bonus minutes on myPlan®

BlackBerry Curve™

$0

3-year agreement

BlackBerry Pearl™ Flip

$0

3-year agreement

Samsung Vice™

$0

2-year agreement

Samsung Link™

$0

2-year agreement

LG Rumour2™

$0

2-year agreement

Available at Virgin mobile · FUTURE SHOP · booth · WIRELESS etc... · COSTCO WHOLESALE · BEST BUY · WIRELESSWAVE · Walmart

Full offer details available on virginmobile.ca. Taxes extra. Some phone models and colours may not be available at retailers. Retailers may sell for less. "Virgin Mobile" and the Virgin Mobile logo are trade-marks of Virgin Enterprises Ltd. and used under license by Virgin Mobile Canada. All other trade-marks are the property of their respective owners and used with permission.

Virgin mobile™/MC

Hudson to play Winnie Mandela in feature flick

Jennifer Hudson will play Winnie Mandela in Winnie, a movie about former South African president Nelson Mandela's powerful apartheid-busting but disgraced ex-wife that will begin filming May 30. PEOPLE.COM

A 'Noble' Fringe scientist

Dr. Walter Bishop follows in a long line of mad scientists. An unbalanced genius like Bishop going at it in his lab is a pop-culture staple. Or even, some would say, a cliche.

But in the able hands of John Noble, who stars on Fox's sci-fi thriller Fringe, Bishop comes to life. He is both comical and tragic, nutty as a fruitcake yet totally relatable. This is a living, breathing portrayal.

Bishop is a scientist of Einsteinian proportions who for decades was deemed insane and, until Fringe started last fall, institutionalized.

Then his long-estranged son, Peter (played by Joshua Jackson), reluctantly agreed to provide the supervision Dad required to re-enter society.

Fringe is on Thursday nights

Rounding out the show's odd threesome is FBI Agent Olivia Dunham (Anna Torv).

She needed Bishop and his filial caretaker to help her track down perpetrators of "fringe science" (way-out stuff like mind control, teleportation, astral projection and genetic engineering) who threaten national security and, possibly, the human race.

This calls for Bishop to display his scientific know-how — while wrestling with his demons — in a self-styled jumble of a lab complete with his pet cow, all lodged in a basement at Harvard University.

For Bishop's character to work, you have to buy into everything he says, no matter how unhinged; feel for the guy, no matter how inappropriate his behaviour; care about him, even when he acts ridiculous.

Noble makes it work.

"I understand Walter," Noble explains. "I can understand his childish enthusiasm quite well. I understand his loneliness, and his attempts to re-establish contact with his son.

"There's not any phase where I don't kind of understand where Walter is coming from."

The Australian-born, 61-year-old Noble is a theatre veteran who for a decade was artistic director of the Stage Company of South Australia, which, during his tenure, produced 70 new plays by fellow Aussies. His extensive film work includes two of the Lord of the Rings fantasies, playing Denethor.

Now, he calls his Fringe role "a huge gift. It enables me to use a range of skills developed over so many years, and grow a character over a long period of time."

Just how long may be to doubt. In this, its sophomore season, Fringe has struggled for viewers.

This makes Bishop's added service as comic relief all the more welcome.

Elbow-deep into an autopsy, he might direct his lab assistant to fire up a Bunsen burner and start preparing some custard.

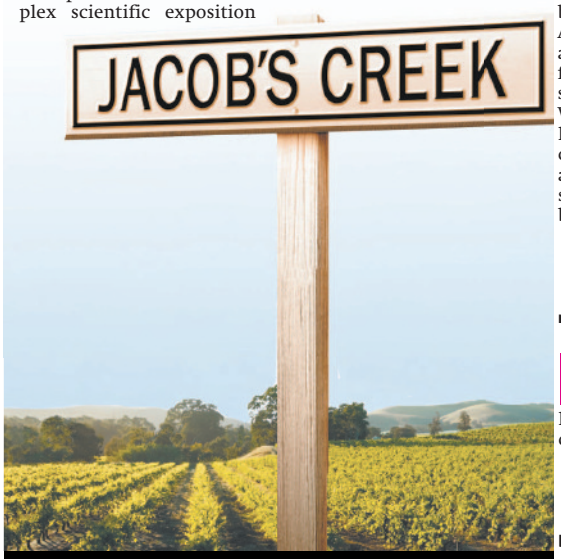
Then he giggles and, in his Brahmin-seasoned accent, says in wonderment, "It's funny: I love custard... but I hate flan!"

Meanwhile, it falls to Bishop to voice a lot of complex scientific exposition (plus loopy-sounding theories) to keep the story moving along.

A cinch, insists the actor.

THE ASSOCIATED PRESS

Fringe star John Noble plays mad scientist Dr. Walter Bishop on the hit sci-fi series.



WELCOME TO OUR PLACE.

JACOB'S CREEK™
Sparkling
Chardonnay Pinot Noir

Perfect for the holidays or any occasion!

A great match for a range of appetizers, especially shrimp.

JACOB'S CREEK™ WINES ARE AVAILABLE AT BC LIQUOR STORES.

WWW.JACOBSCREEK.COM
Please enjoy our products responsibly.

Jones debuts new sound

TALIA SOGHOMONIAN
Metro World News

The 30-year-old singer from Brooklyn took the music world by storm back in 2002 with Come Away With Me. Her new album, The Fall, confirms her talent and desire to move on. Metro World News recently had the opportunity to catch up with the singer and ask her about her sound and the new album.

Q Your sound is distinctly yours, just a bit more experimental...

A It was just time. Sometimes you just feel like you have to do something different..

Q You worked with producer Jacquire King. What did he bring to the album?

A I had a lot of different ideas I wanted to try, but I didn't really know how to try them on my own. Once we talked, we just totally clicked and he really understood what I was talking about.

Q You mentioned having done a lot of demos. Did you get some old ideas and rework them?

A Yeah, I like doing that. Even if I have an old idea, even if I know it's maybe not my best song, I want to write and give it a life as best I can. I always like to pull out old stuff and try to revive it, give it CPR!

Q Is there anyone you'd like to work with?

A I love Tom Waits. I've gotten to sing with a lot of my idols and it's been really great, but sometimes you don't want to work with people you admire.

Q Are you afraid of being disappointed?

A I don't feel like I would really add much. Maybe I could play some piano, but I like his piano playing… I would love to work with somebody like Beck. I feel like he's somebody who is interesting and always trying new things.

Norah Jones

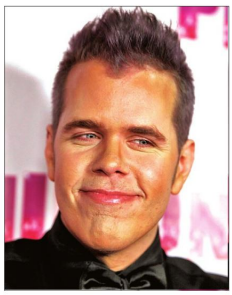
Entertainment in brief

SWIFT RETURNS Fresh off her triumph at the Country Music Association Awards, Taylor Swift has netted a deal to create a line of greeting cards. American Greetings Corp. CEO Zev Weiss says Swift's abilities as a storyteller and songwriter make her a natural for writing cards that will appeal to all ages. The company said that cards, gift wrap, stationery, online greetings and other related products overseen by Swift will begin appearing in the spring.

THE ASSOCIATED PRESS

Nicole in hospital for pneumonia

Nicole Richie has checked herself into a Los Angeles hospital. A rep for the star tells usmagazine.com, "Nicole has checked into Ceders Sinai where she is being treated for pneumonia. She is doing well." FEMALEFIRST.CO.UK



Perez Hilton

Charges dropped in Perez-Peas dispute

APOLOGY Black Eyed Peas manager Liborio Molina has written a half-hearted apology to gossip blogger Perez Hilton.

The apology is part of an agreement that led to an assault charge against Molina being dropped yesterday in court.

The charge came after Molina allegedly punched Hilton — whose real name is Mario Lavandeira — outside a Toronto nightclub after the MuchMusic Video Awards in June.

Molina's lawyer, Mark Sandler, read the written apology outside of the courthouse.

"It said: 'I apologize for what I did on June 22 of 2009, even though you engaged in highly offensive comments, including a homophobic slur to my clients, I acknowledge that these kinds of issues should not be resolved through a physical response,'" Sandler read.

Hilton's lawyers said they were unhappy with the choice of words in the apology, but it was ultimately accepted.

"Although accepting the fact that he shouldn't resort to violence, he attempted to say that there was a precipitating cause," Hilton's lawyer, Brian Greenspan, said afterwards. "A sincere apology is a sincere apology."

As part of the peace bond agreement, Molina has also agreed not to contact Hilton except through his lawyer, can't carry any weapons for 12 months, can't come within 100 metres of Cobra NightClub, where the event allegedly occurred, and has donated $500 to Toronto's Red Door Family Shelter.

Molina allegedly punched Hilton following a heated argument between the blogger and Black Eyed Peas leader will.i.am at a party following the MMVAs.

THE CANADIAN PRESS

Joanna departs Dancing

Model Joanna Krupa is leaving Dancing With the Stars. The Poland-born beauty was eliminated from the hit ABC dance competition show this week.

She and professional partner Derek Hough consistently earned high scores on the show. They collected an impressive 81 out of 90 points for their performances on Monday's episode, landing them in second place during the semifinals.

But fans failed to keep the couple afloat with their votes.

Viewer votes are combined with judges' scores to determine which contestant is eliminated each week.

"It's been such an amazing experience," Krupa said after learning her fate. "I've grown as a person. Thank you for giving me the opportunity."

Head judge Len Goodman called Krupa and Hough "the most consistent of all of our couples" throughout the season. On Monday's episode, judge Carrie Ann Inaba told Krupa, "You truly are a dancer."

ADAM LARKEY/THE ASSOCIATED PRESS

Joanna Krupa and Derek Hough perform on the set of Dancing with the Stars in Los Angeles.

To close Tuesday's show, Krupa and Hough reprised the ethereal Viennese waltz that earned them 27 out of 30 points on Monday and inspired Inaba to say, "You took my breath away."

Tuesday's episode also featured a slew of musical performances. The surviving Bee Gees celebrated the band's 50th anniversary by performing the hit You Should Be Dancing.

Alicia Keys sang her single Try Sleeping With a Broken Heart from her new album, due in stores next month. Leona Lewis performed her latest song, Happy, from her just-released album, Echo.

A new Dancing champ will be crowned next week. Singer Mya, reality star Kelly Osbourne and entertainer Donny Osmond will be vying for the show's coveted mirrorball trophy. THE ASSOCIATED PRESS

Vancouver actor bites into New Moon role

Vancouver actor Christopher Heyerdahl's character in The Twilight Saga: New Moon is a man of few words but considerable power.

He plays Marcus, a member of the Volturi, who are basically the overseers of the vampire world, doing whatever it takes to keep the bloodsuckers in line.

"He's the oldest vampire," Heyerdahl said in an interview.

"He's the one with the most wisdom. He says very little, he's not really interested in playing a lot of power games."

Fans of the wildly popular vampire series have been whipped into a frenzy this week ahead of Friday's release of The Twilight Saga: New Moon.

Based on the second book in the bestselling series by Stephenie Meyer, New Moon finds love-struck heroine Bella Swan (Kristen Stewart) crushed when her vampire boyfriend Edward (Robert Pattinson) leaves town.

She is drawn to Jake, a budding werewolf and her best friend but she slowly learns that he is also coming to grips with a secret.

"(Marcus's) the one with the most wisdom. He says very little, he's not really interested in playing a lot of power games." Christopher Heyerdahl

With all the heartthrob action going on, Marcus would seem to have a mighty useful power. He can interpret relationships.

But the 3,000-year-old member of a trio of ancients living in Rome uses his skill carefully.

"If there is somebody whose allegiances perhaps are waning — a very important thing to know when you're ruling the world — Marcus is the one to sniff that out," the towering, six-foot-four actor says.

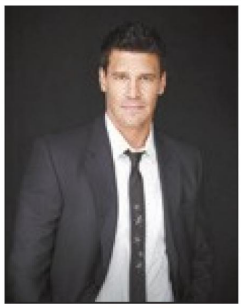
THE CANADIAN PRESS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/19/09	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Up Against the Wall (N) (CC)		The Border "Bride Price" (N)		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	The Vampire Diaries (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy "Holidaze"		The Mentalist (N) (CC)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Stargate SG-1 (CC)		Supernatural (N) (CC)		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Samoa (N) (CC)		The Office (N)	The Office	90210 (N) (CC)		News
	256	389	12 VI	TMZ (N) (CC)	Hollywood	FlashForward "Believe" (N)		Fringe "August" (N) (CC)		(:01) Private Practice (N)		A News (N)
	253	359	13 CITY	The Office	The Office	Community (N)	Parks-Recreat	30 Rock	30 Rock (N)	The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	The Vampire Diaries (N)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Samoa (N) (CC)		CSI: Crime Scene Invstgtn.		The Mentalist (N) (CC)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Community (N)	Parks-Recreat	The Office (N)	30 Rock (N)	The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Confidential	Confidential	Divine Design	Divine Design	Don't Move
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	FlashForward "Believe" (N)		Grey's Anatomy "Holidaze"		(:01) Private Practice (N)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Big Daddy ★ (1999) Adam Sandler, Joey Lauren Adams.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Fighting Fraud		Doc Martin "The Admirer"		Poirot (CC)		Fighting Fraud		Globe Trekker
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (N) (PA) (CC)		Fringe "August" (PA) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Sherlock Holmes		Red Green	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Hometime
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	The Vampire Diaries (N)		Supernatural (N) (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury Family sex-secrets.	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Seinfeld
news	502	390	23 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National (N)		The Nature of Things (CC)		National
	500	500	53 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NFL Football: Dolphins at Panthers			Sportsnet	Sportsnet Connected (Live)		Sportsnet Connected (Live)		Hockey
	400	400	30 TSN	(6:30) NHL Hockey Chicago Blackhawks at Calgary Flames.				SportsCentre	Golf Kiwi Challenge -- Day 2. (Taped) (CC)			SportsCentre
	411	457	43 OLN	Ghost Hunters International		Dog the Bounty Hunter (CC)		Survivorman (CC)		Ghost Hunters International		Bounty Hunter
	410	403	54 SCR	Football	NBA Basketball Chicago Bulls at Los Angeles Lakers. (Subject to Blackout)					Score Now		Final Score
	417	406	65 SC	Wrecked	Wrecked	Pass Time	Pass Time	Pinks -- All Out		Jacked!	Jacked!	Wrecked
	416	409	144 GLF	Off the Pitch	MLS Weekly	Ftbl Today	Bundesliga	Gol TV News	Ftbl Today	Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Stoked	Total Drama	Total Drama	6TEEN (N)	Futurama	King of Hill	Galaxy Quest ★★★ (1999) Tim Allen.		
	557	541	51 FAM	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	55 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin (CC)	Big Comfy
cable variety	268	354	5 KNO	Frontiers of Construction		Victorian Farm (CC)		Britain From Above		Cinema Asia "India" (CC)		Beautiful
	575	583	20 CMT	Home Imp.	Home Imp.	Unstable	Unstable	Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24 MM	Love Court	Instant Star	My Date	MuchNew	One Tree Hill (CC)		The Shift		Spotlight
	600	564	29 H&G	House	House	Holmes Inspection (CC)		Renovation	Disaster DIY	Holmes on Homes (CC)		House
	615	520	31 A&E	The First 48 (CC)		Crime 360 Serial robber.		(:01) The First 48 (CC)		(:01) The First 48 (CC)		The First 48
	628	584	32 SPKE	(6:00) TNA Wrestling (N)		Super Dave	MANswers	MANswers	MANswers	Stripperella	Stripperella	Stripperella
	521	560	34 TLC	Family Armor (N) (CC)		American Chopper (CC)		Family Armor (CC)		Street Customs (CC)		Chopper
	616	522	39 SHO	The Outer Limits (CC)		Da Vinci's City Hall		Foundatn	Paradise Falls	Saving Grace "Popcorn" (N)		NCIS (CC)
	620	523	40 BVO	(6:00) Whole New Thing ★★		Law & Order "Mother Love"		Without a Trace (CC)		Mi Vida Loca ★★ (1993) Angel Aviles. (CC)		
	601	562	41 SLC	X-Weighted "Amy" (CC)		ET Canada	What	The Biggest Loser (CC)		How to Find a Husband (CC)		Trading Sp
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Life "Mammals" (CC)		Life "Fish" (CC)		MythBusters
	522	506	44 HIS	Ice Road Truckers (CC)		Ancient Discoveries (CC)		Underworld Histories (CC)		Life After People (CC)		Disaster
	627	528	45 SPC	Eureka (N) (CC)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	Talladega Nights:		Lopez Tonight (N)		Very Funny	Very Funny	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Seinfeld	Seinfeld	The Outer Limits (CC)		ET Canada	TV Made	Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	Ace of Cakes	Ace of Cakes	Family	Family	Unwrapped	Unwrapped	Heston's Feasts (CC)		Ace of Cakes
	-	-	53 AMC	(5:00) The Green Mile ★★★ (1999, Drama) Tom Hanks. (CC)				Outbreak ★★ (1995, Suspense) Dustin Hoffman, Rene Russo. (CC)				
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box	Jon Dore	Daily Show
	320	621	60 CEN	(6:00) Down to the Dirt (2008)		What Doesn't Kill You ★★★ (2008) (CC)		(:45) The Mist ★★ (2007, Horror) Thomas Jane. (CC)				
	581	566	101 MTV	Twilight: Moon	News Special	MTV Live	Sex News	Peak Season	After	Twilight: Moon	News Special	MTV Live
	261	394	102 V	(6:00) Left Behind ★ (2000)		I Prophesy	Recreat. Eden	The Big Heat ★★ (1953) Glenn Ford, Gloria Grahame. (CC)				Paid Program
	-	-	105 MUL	Sewing Maid	Kingdom-Wind	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections	Desi Rhythms	Patrol World

critics'corner

Bones

Always a bit of a lone wolf, Booth (David Boreanaz) is forced to make some adjustments when his grandfather (guest star Ralph Waite, "The Waltons") comes to live with him and tags along as he and Brennan (Emily Deschanel) investigate human remains that were found by a real estate agent showing a property to prospective buyers. Michaela Conlin and TJ Thyne co-star in the new episode "The Foot in the Foreclosure." 8 PM on FOX



The Mentalist

This time it's personal. A violent crime rocks the CBI team's office, and Jane (Simon Baker) and his colleagues must solve the case despite their fears about who the perpetrator might be. Things heat up between Rigsby and Van Pelt (Owain Yeoman, Amanda Righetti). Robin Tunney and Tim Kang also star in the new episode "His Right Red Hand." 10 PM on CBS CTV

How to bulid a wine cellar

On Wednesday, Nov. 25, join Barbara-Jo's Books to Cooks at Salt Tasting Room (45 Blood Alley) for an evening with Canadian wine authority and author Tony Aspler, who will discuss how to design, build, stock and manage a wine cellar. Tickets $75. Call 604-688-6755 for more info. METRO VANCOUVER

Urban Foodie

●●●●● INSPIRED; ●●●●○ VERY GOOD; ●●●○○ PALATABLE; ●●○○○ HO-HUM; ●○○○○ NEVER AGAIN

Recession-proof subs give bang for buck

ANYA LEVYKH
anya.levykh@gmail.com

Ba Le Sandwich Shop
701 Kingsway
Vancouver
604-875-6322

Signature Drink: Pop
Signature Dish: Sandwiches, silly…
Rating: ●●●●○
Dinner & drinks for 2: $10

The humble sandwich has been experiencing a bit of a multi-cultural renaissance of late.

First came Mexican-based Las Tortas, with their refried beans and Sloping Hills pork, then more upscale joints like The Pourhouse joined in. But where it all started—in Vancouver, at least—was with the humble bánh mì, a Vietnamese stuffed baguette made from wheat and rice, crusty on the outside, soft on the inside.

For my money, the best examples of bánh mì can be found on Vancouver's East Side, notably at Ba Le Sandwich Shop. Despite the name ("ba le" translates as "Parisian") and the "French Sandwiches" byline on the awning, these are wholly Vietnamese, with their contrasting flavours and textures of fresh and fried, spicy and sweet, crunchy and soft. All of the sandwiches are under $3.50, and some vegetarian versions are $2.

Vietnamese bacon bánh mì with chili peppers.

The house special, simply ordered as "sandwich," is full of Vietnamese sausage, fresh cucumber slices, cilantro and, of course, pâté.

A meatball version is a little on the dry side, but the Vietnamese bacon is the queen bee of the lot, with crispy, curly chunks of porker blending beautifully with the pickled vegetables.

The four of us were full after a sandwich each, so the caramel custards ($2.25) we shared were just gratuitous excess.

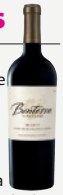
On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

DOCKSIDE RESTAURANT
in the Granville Island Hotel

Great view! Great food!
Newly Renovated!
Open for Breakfast, Lunch, Dinner & Sunday Brunch.
1253 Johnston Street
604.685.7070
docksidebrewing.com

Going green for the holidays



Bonterra Vineyards' 2007 Syrah is a prime example of California's Mendocino wine region. This 97% Syrah—2% Petite Sirah blend has a splash of Grenache, which emphasizes the fruit-forward qualities. BCLS $21.99

Dining out

DINING DEAL
On November 22 and 29, enjoy a sake tasting dinner at Coast (1054 Alberni St). Restaurnat Chef Mike Robbins and Sushi Chef Max Katsuno have created a five-course menu to complement a selection of premium sakes. $95 includes sake pairings. Call 604-685-5010 for reservations.

C-ELEBRATE JOIE
On November 22 at 6 p.m., C Restaurant (1600 Howe St) will host a special dinner with Joie Farm Wines. Enjoy six-courses with wine pairings in a dinner led by winemaker Michael Dinn and Chef Robert Clark. Tickets $110. Call 604-681-1164 for reservations.

ANYA LEVYKH/ FOR METRO VANCOUVER

In brief

RE-OPENING Fuel Restaurant (1944 West 4 Ave) will close its doors after November 29, re-opening Dec. 2 as a more casual Pacific Northwest incarnation.

MOVE Japa Dog will soon be moving to warmer climes—off the streets, and into the former Café S'il Vous Plait location at 530 Robson Street.

ANYA LEVYKH/ FOR METRO VANCOUVER

BEST BUY FUTURE SHOP LONDON DRUGS Walmart Zellers koodo shop

Aberdeen Mall
Brentwood Town Centre
Coquitlam Centre
Guildford Town Centre
Lougheed Town Centre
Mayfair Shopping Centre
Metropolis at Metrotown
Oakridge Centre
Orchard Park Shopping Centre
Park Royal Shopping Centre
Richmond Centre

Underwood to remain a hometown gal for now

Things are going well for Carrie Underwood and hockey boyfriend Mike Fisher — but not well enough for the two to shack up, people.com reports. "No, call me old-fashioned. He's there. I'm here," the country star said. METRO NEWS SERVICES

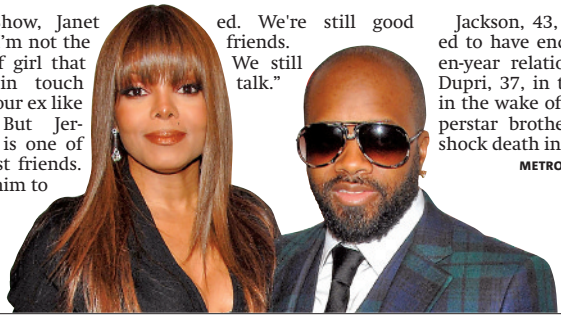
Celebrity Buzz

Janet confirms rumoured split

THAT'S THE WAY LOVE GOES Janet Jackson has confirmed she has split from boyfriend Jermaine Dupri, femalefirst.co.uk reports.

The singer — who was first rumoured to have separated from the music executive in July — admitted she didn't keep in touch with any of her ex-lovers apart from Dupri during a U.S. radio interview.

Speaking on Atlanta's Bert Show, Janet said: "I'm not the type of girl that stays in touch with your ex like that. But Jermaine is one of my best friends. I love him to death. We're still connected. We're still good friends. We still talk."



Jackson, 43, was reported to have ended her seven-year relationship with Dupri, 37, in the summer in the wake of her pop superstar brother Michael's shock death in June.

METRO NEWS SERVICES

Fiddy's tattoo blues

SUFFERING FOR HIS ART Rapper 50 Cent finally found the one thing that would make him go through with laser tattoo-removal surgery: waking up early. "I took 'em off," he says of his arm tattoos, according to Showbiz Spy.

"I've been on a few acting projects and my call time is four hours before the regular acting talent because of the tattoos," he says.

METRO NEWS SERVICES

I'm no Twilight fan, says Cyrus

UNLESS SHE GETS OFFERED A ROLE, PERHAPS? There's at least one teenager not going nuts over New Moon, and it's Miley Cyrus. The Hannah Montana star says she has no interest in the Twilight series. METRO NEWS SERVICES

J.Lo ex claims safety fears

DON'T MESS WITH LA LOPEZ Ojani Noa claims he's been living in fear ever since he attempted to sell a book and intimate home videos of him and ex-wife Jennifer Lopez.

"She's having him followed," his manager tells Life & Style Weekly. We just ran the license plate of the car, and it goes directly back to Jennifer Lopez. Ojani's scared." Noa's lawyer adds, "We have some concerns right now about the personal safety of Ojani. We believe he's under surveillance by someone. He's had death threats."

METRO NEWS SERVICES

Cage was in deep debt: Ex-manager

HE SAID, HE SAID Nicolas Cage's former business manager has filed a cross complaint in Los Angeles Superior Court against the star, femalefirst.co.uk reports. Samuel J. Levin — who was branded "incompetent" by the actor over his financial advice, which Nicolas claimed has led him towards financial ruin — insists the Con Air star was already in deep debt when he hired him in 2001.

In the complaint filed last week, Levin insisted Cage refused to listen to his advice, resulting in him having an unpaid tax bill believed to be around $6 million. He said: "From the start of our Business Management Agreement he knew about his perilous financial situation and he knew he was behind on paying his taxes."

METRO NEWS SERVICES

Celebrity tweets

Diablo Cody is tough to live next to sometimes, Harry Potter star Tom Felton is easily disappointed, Dita Von Teese gets her jollies any way she can, and Adam Lambert calls out the editor of Out Magazine for calling him out first.

- @diablocody If you're my neighbor, I'm sorry if a giant dead rat just flew into your yard at about 80 mph. Don't ask. I'm sorry we panicked.
- @TomFelton i hate when u make a cup of tea and then u forget to drink it whilst its hot & then u have a gross cold tea left that isn't drinkable!
- @DitaVonTeese Blocking people on Twitter ALMOST satisfies my desire to have appeared as a guest judge on The Gong Show.
- @adamlambert Dear Aaron, it's def not that deep. Chill! Guess ya gotta get attention for the magazine. U too are at the mercy of the marketing machine.

METRO WORLD NEWS

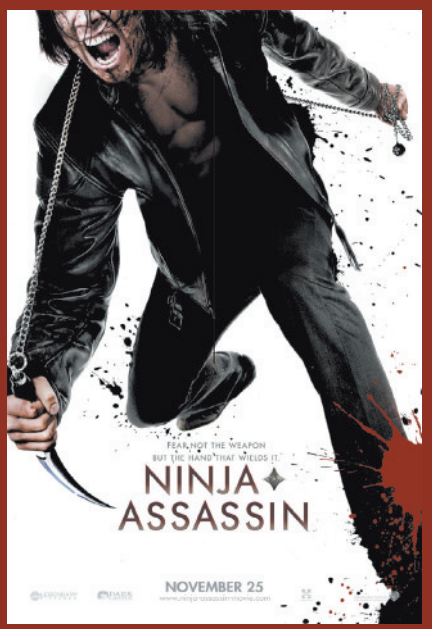
Twilight star 'invisible' to LA bouncer

TARDY FOR THE PARTY He may be famous to millions of Twilight fans, but Kellan Lutz wasn't recognized by security at the after-party for the New Moon premiere in L.A. this week, as he was initially denied entrance, according Page Six.

"He just snapped at the bouncer after a few seconds," a source says. "It looked like things were getting physical between them." Lutz reportedly turned to the amassed fans for help, yelling to the crowd outside, "They won't let me into my own party." After chants of "Let him in!" began, the bouncer relented.

METRO NEWS SERVICES

YOU COULD WIN
A DOUBLE PASS TO AN ADVANCE SCREENING OF



IN THEATRES NOVEMBER 25

ENTER FOR YOUR CHANCE TO WIN!
metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes November 19, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

"I don't even like to
HAVE SEX
AND
EAT BACON
for six hours."

ACT 1; SCENE 8

DIRTY ROTTEN SCOUNDRELS
BOOK BY JEFFREY LANE
MUSIC AND LYRICS BY DAVID YAZBEK
Based on the film *Dirty Rotten Scoundrels* by
DALE LAUNER & STANLEY SHAPIRO & PAUL HENNING

NOV. 21 – DEC. 27, 2009
DIRECTED AND CO-CHOREOGRAPHED BY MAX REIMER
CO-CHOREOGRAPHER NATHALIE MARRABLE
MUSICAL DIRECTOR STEVE THOMAS

STARRING JOSH EPSTEIN, ANDREW WHEELER AND
CANADIAN IDOL FINALIST ELENA JUATCO

CALL 604 873 3311
VANCOUVERPLAYHOUSE.COM

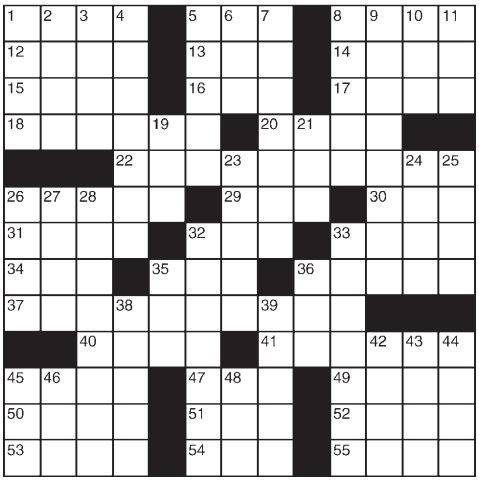
09/10 PLAYHOUSE SEASON THEATRE COMPANY
MAX REIMER, ARTISTIC MANAGING DIRECTOR

Sponsored by: Great-West Life
Media Sponsors: The Vancouver Sun, CBC 88.1 FM, LAMAR TRANSIT ADVERTISING

The Weather Network
TWN incorporates MSC data
Today Rain 90% 10°/ 6°
Friday Rain 90% 7°/ 5°
Saturday Rain 90% 7°/ 4°
TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

Take Five

For more delicious Metro recipes, visit: metronews.ca/food



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7	2	8					
3				5				8
				7				6
4		7			1		3	
5	3						8	1
	9		4			5		2
2				6				
1				9				4
					4	3	6	

ACROSS

1 Church service
5 Life story, for short
8 Money
12 Norway's capital
13 Bobby of hockey
14 Out of the storm
15 Authentic
16 "My Gal —"
17 Charged bits
18 Tribe known for their rugs
20 Swiss river
22 Visiting casually
26 Happy companion?
29 Praise in verse
30 Historic time
31 "Sad to say, ..."
32 Pair
33 Advanced math
34 Zero
35 "Eureka!"
36 Alan Ladd classic
37 Failing
40 Werewolf's inspiration
41 Extremely tiny
45 God, in Guadalajara
47 Unsettling noise
49 Sneaky trick
50 Top-notch
51 List-ending abbr.
52 Summertime desserts
53 Purchases
54 Shad product
55 Immediately following

DOWN

1 Sunup time
2 Cruising
3 Czech, Serb or Pole
4 Comforts
5 — buddy
6 George's brother
7 Florida tourist mecca
8 Egypt's capital
9 Skin cream ingredient
10 Congress addr.
11 "— a real nowhere man, ..."
19 Behar of The View
21 Time of your life?
23 Davenport dweller
24 Sportscaster Andrews
25 Anger
26 "Phooey!"
27 A little of everything
28 Certain breakup payment
32 Roaring sound
33 Add
35 Past
36 Prepared
38 Face parts
39 Take to the floor
42 Cinderella's horses, really
43 Holm oak
44 "— Si Bon"
45 Slight amount
46 Debtor's letters
48 "Who am — judge?"

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	9	4	7	3	1	5	6	8
5	7	3	2	8	6	1	9	4
8	6	1	9	4	5	2	3	7
9	3	5	8	6	2	4	7	1
6	2	8	1	7	4	3	5	9
4	1	7	3	5	9	8	2	6
1	8	2	6	9	3	7	4	5
7	4	6	5	2	8	9	1	3
3	5	9	4	1	7	6	8	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

ALICIA McAULEY

Chicken Parmesan

Submitted by Samantha Denham, Toronto

INGREDIENTS:

4 chicken breasts
3/4 cup flour
3/4 cup breadcrumbs, with handful of grated Parmesan cheese mixed in
2 eggs beaten, add 1 tbsp water
1 cup grated cheese (mix of half mozzarella, half Parmesan)
2 tbsp olive oil
1 cup marinara sauce
1/2 package spaghettini

METHOD:

1. Pound chicken breasts flat with a mallet. Coat with flour, then dip in egg mixture, then coat with breadcrumbs, pressing the breadcrumbs into the chicken.
2. Boil water and cook pasta.
3. In an ovenproof pan, heat olive oil. Over high heat, cook chicken on each side for 2 minutes until golden. When all four are done, keep chicken in pan and cover generously with cheese mixture. Then pour the marinara sauce over chicken.
4. Bake for 15 min at 350 F, until cheese is bubbly.

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

20 minute SUPPER CLUB

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at **20minute supperclub.com**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If your instincts tell you one thing today but everyone else tells you something different, then you must trust your instincts.

TAURUS ♉
APRIL 21-MAY 21
Cosmic activity in your chart means you'll sense when something is about to happen well before anyone else. That gives you an advantage. Use it.

GEMINI ♊
MAY 22-JUNE 21
Your task today is to become an equal partner with the planets in shaping your destiny. Go with the flow but make the flow work for you.

CANCER ♋
JUNE 22-JULY 22
You may daydream about having no family or financial worries, but why imagine it when, with a bit of effort, you could make it happen for real?

LEO ♌
JULY 23-AUG 23
You know what needs to be done and you know if you don't make a start soon the chance to change your life for the better could pass you by.

VIRGO ♍
AUG 24-SEPT 22
The influence of Mars in one of the more outgoing areas of the sky is helpful for taking risks, but only if they are of the calculated variety.

LIBRA ♎
SEPT 23-OCT 23
You may have serious things to do today but you can still have fun while you are doing them. In the next 24 hours, find ways to get the best of both worlds.

SCORPIO ♏
OCT 24-NOV 22
You may not be the type to wear your heart on your sleeve but you need to be more open emotionally and today's Venus-Mars link will help.

SAGITTARIUS ♐
NOV 23-DEC 21
The cosmic trend dominating your life at the moment is so positive that you have nothing to worry about, but for some reason you still fear the worst.

CAPRICORN ♑
DEC 22-JAN 20
Cosmic activity may make you feel that if you don't do something now the chance will pass you by. It won't — it will be there tomorrow just like today.

AQUARIUS ♒
JAN 21-FEB 18
You'll find it easier to be assertive today, but don't be assertive just for the sake of it. Work with people who share your aims and ambitions.

PISCES ♓
FEB 19-MARCH 20
Someone you work with or do business with will make the proverbial offer you cannot refuse today. Don't hesitate — say "Yes" immediately.

EURO CHARM
Skincare and Body Clinic
20% off for all Laser Services
We carry Dr. Spiller skincare products and Life Extension supplements
Where wellness meets beauty
• Psoriasis Treatment Technology • Cellulite Reduction and Slimming Programs • Non-Surgical Face and Body Skin-Lift • Supplement and Vitamin Progra (Life Extensions) • Phyto & Oxygen Bar • Laser Hair Removal • Post Surgery Rehabilitation • Skin Tag Removal • Permanent Makeup and Camouflage • Proellex, Beautytek, Hivamat Massage • Hydrotherapy • Botox • All traditional Day Spa Services • Naturopath, Lipo and Lift massages (benefits and extended coverages)
7.95 /unit Botox Valid until November 15, 2009
604.568.2575 • www.eurocharm.ca
3401 East Hastings Street, Vancouver • eurocharm@shaw.ca
ONE BLOCK EAST OF PNE • FREE PARKING

FLIGHT CENTRE Unbeatable
Puerto Vallarta from $199 + taxes & fees $264
Honolulu from $278 + taxes & fees $102
INCLUDES roundtrip air.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Air only prices are per person for roundtrip travel unless otherwise stated. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

This day in history

1493: Christopher Columbus goes ashore on an island he first saw the day before. He names it San Juan Bautista (later renamed Puerto Rico).
1969: Apollo 12 astronauts Pete Conrad and Alan Bean land at Oceanus Procellarum(the Ocean of Storms) and become the third and fourth humans to walk on the Moon.
1969: Soccer player Pelé scores his 1,000th goal.
1990: Pop group Milli Vanilli are stripped of their Grammy Award because the duo did not sing at all on the Girl You Know It's True album. Session musicians had provided all the vocals.

METRO NEWS SERVICES

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five

Lamb Lollipops

INGREDIENTS:
1 rack of lamb (8 chops)
Lamb caul fat or prosciutto
250 ml (1 cup) baby arugula
75 ml (5 tbsp) extra-virgin olive oil
4 cloves garlic
90 g (3 oz) toasted pine nuts
Juice and zest of 1/2 lemon
Salt and pepper, to taste

METHOD:
1) In a food processor, place arugula, olive oil, garlic, pine nuts, lemon juice and zest and process until smooth.
2) Cut rack of lamb into chops and wrap bones in foil to prevent browning.
3) Place 5 ml (1 tsp) of the pesto on piece of spread-out caul fat or prosciutto.
4) Season each chop with salt and pepper, place on pesto and wrap caul fat or prosciutto around chop.
5) Place on a baking sheet and roast at 230 C (450 F) for 3 to 5 minutes or until fat is tight around chop.

MAKES 8 CHOPS AND 250 ML (1 CUP) PESTO

Metro Recipes of the Day

RYAN PFEIFFER/THE CANADIAN PRESS

RYAN PFEIFFER/THE CANADIAN PRESS

Lamb lollipop, left, with arugula and pine nut pesto and Phyllo, right, wrapped brie with carmelized shallots.

Phyllo-Wrapped Baked Brie

INGREDIENTS:
1 shallot, finely minced
125 ml (1/2 cup) red pepper jelly, divided
3 sheets phyllo dough
125 ml (1/2 cup) melted unsalted (clarified) butter
125 ml (1/2 cup) sliced almonds sliced
1 small wheel of brie or Camembert

METHOD:
1) Preheat oven to 190 C (375 F).
2) In a saute pan, sweat shallot until it starts to caramelize, keeping temperature low.
3) Lay out one sheet of phyllo on a work surface; brush evenly with butter. Lay a second sheet on top and repeat until you have three layers.
4) Place cooled shallot mixture in the middle of the phyllo sheets. Place brie on top of shallot mixture. Wrap sides and bottom and flip over.
5) Bake for 15 to 20 minutes until golden brown. Let cool for 15 minutes before slicing. Garnish with remaining jelly.

MAKES 8 SERVINGS

Cranberry Duck Scones

SCONE INGREDIENTS:
375 ml (1 1/2 cups) all-purpose flour (approx)
30 ml (2 tbsp) sugar
6 ml (1 1/4 tsp) baking powder
1 ml (1/4 tsp) baking soda
2 ml (1/2 tsp) salt
125 ml (1/2 cup) cold unsalted butter
125 ml (1/2 cup) dried cranberries, chopped
125 ml (1/2 cup) buttermilk (approx)

METHOD:
1) In a large bowl, sift together flour, salt, sugar, baking soda and baking powder.
2) Cut in butter. Add buttermilk and mix until just combined.
3) Turn out dough onto a floured work surface and knead dough until it comes together, then roll out to about 5 mm (1/4 inch) thick.
4) Cut out small rounds of dough about 2.5 cm (1 inch) in diameter and place on a cookie sheet.
5) bake at 190 C (375 F) until golden brown and risen.

DUCK INGREDIENTS:
Duck must be prepared several days ahead
5 duck breasts
125 ml (1/2 cup) salt
5 thyme sprigs
Zest of 2 oranges
Small jar fig jam
125 ml (1/2 cup) sprouts or greens
250 g (1/2 lb) gorgonzola

METHOD:
1) Trim off any visible silver skin. Dust with salt and lay thyme sprigs and orange zest on flesh side. Sandwich breasts between two trays and press with weights for 1 day.
2) Rinse and dry breasts and place in refrigerator for 2 to 3 days until dried. To serve, slice breast very thinly across the grain.
3) To assemble, slice scones in half and place on a baking sheet. Place fig jam on bottom layers, place small sprouts or greens on jam and top with a slice of duck. Place a slice of gorgonzola on top and melt in 180 C (350 F) oven (watch carefully so it doesn't scorch). Place tops on scones and serve warm.

MAKES 12 SCONES

THE CANADIAN PRESS

VIA

MOVE IN NOW!

MOVE HERE BEFORE YOU WISH YOU HAD

50% SOLD

The most universal truth in finding a great place to live is "get there first." Every growing area has its early adopters that make the first move – then it's only a matter of time before everyone else wishes they too got in early. **SO GET MORE SPACE, GET THE BEST SPOT. GET TO QUEENSBOROUGH FIRST. OWN AT VIA.**

NEW FULLY FURNISHED DISPLAY SUITE AND SALES OFFICE

SPACIOUS 2 BEDROOM + DEN HOMES (1144 sqft) FROM MID $300s

This is not an offering for sale. Such an offering can only be made by a disclosure statement. E.&O.E

288 HAMPTON STREET, NEW WESTMINSTER OPEN DAILY 12 TO 5PM EXCEPT FRIDAYS
604.521.3663 INFO@VIAHOMES.CA VIAHOMES.CA

Boffo
DEVELOPMENTS LTD.